USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Vitamin C, total ascorbic acid (mg)

Food Subset: All Foods Ordered by: Food Name Measured by: Household

Report Run at: September 16, 2016 02:39 EDT

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
09427	Abiyuch, raw	114.0	0.5 cup	61.7
09002	Acerola juice, raw	242.0	1.0 cup	3872.0
09001	Acerola, (west indian cherry), raw	98.0	1.0 cup	1644.0
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0.0
14248	Alcoholic beverage, beer, light, higher alcohol	356.0	12.0 fl oz	0.0
14013	Alcoholic beverage, beer, light, low carb	29.5	1.0 fl oz	0.0
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0.0
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	0.0
14009	Alcoholic beverage, daiquiri, canned	30.5	1.0 fl oz	0.4
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	30.2	1.0 fl oz	0.5
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	27.8	1.0 fl oz	0.0
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	0.0
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0.0
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0.0
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	27.8	1.0 fl oz	0.0
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0.0
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0.0
14051	Alcoholic beverage, distilled, vodka, 80 proof	27.8	1.0 fl oz	0.0
14052	Alcoholic beverage, distilled, whiskey, 86 proof	27.8	1.0 fl oz	0.0
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	0.1
14414	Alcoholic beverage, liqueur, coffee, 53 proof	34.8	1.0 fl oz	0.0
14534	Alcoholic beverage, liqueur, coffee, 63 proof	34.8	1.0 fl oz	0.0
14239	Alcoholic beverage, malt beer, hard lemonade	335.0	11.2 fl oz	9.4
14015	Alcoholic beverage, pina colada, canned	32.6	1.0 fl oz	0.5
14017	Alcoholic beverage, pina colada, prepared-from-recipe	31.4	1.0 fl oz	1.5
43479	Alcoholic beverage, rice (sake)	29.1	1.0 fl oz	0.0
14019	Alcoholic beverage, tequila sunrise, canned	31.1	1.0 fl oz	6.0
14531	Alcoholic beverage, whiskey sour	30.4	1.0 fl oz	0.5

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
14027	Alcoholic beverage, whiskey sour, canned	30.8	1.0 fl oz	0.5
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	30.4	1.0 fl oz	0.5
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	29.4	1.0 fl oz	0.1
43154	Alcoholic beverage, wine, cooking	4.9	1.0 tsp	0.0
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	0.0
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	0.0
43155	Alcoholic beverage, wine, light	29.5	1.0 fl oz	0.0
14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving (5 fl oz)	0.0
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	0.0
14602	Alcoholic Beverage, wine, table, red, Merlot	29.4	1.0 fl oz	0.0
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	0.0
14160	Alcoholic beverage, wine, table, white, Chardonnay	29.3	1.0 fl oz	0.0
14251	Alcoholic beverages, beer, higher alcohol	30.6	1.0 fl oz	0.0
14253	Alcoholic beverages, wine, rose	30.3	1.0 fl oz	0.0
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	2.7
20001	Amaranth grain, uncooked	193.0	1.0 cup	8.1
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	54.3
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	54.3
11003	Amaranth leaves, raw	28.0	1.0 cup	12.1
04609	Animal fat, bacon grease	4.3	1.0 tsp	0.0
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	95.5
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	53.6
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	2.2
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	1.4
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	239.0	1.0 cup	59.8
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	211.0	1.0 can (6 fl oz)	187.6
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	4.4
36019	APPLEBEE'S, chili	136.0	1.0 cup	1.5
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	10.4
36002	APPLEBEE'S, french fries	164.0	1.0 serving	1.1
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	0.4
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	0.8
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	1.2
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	1.3
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	2.5

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	2.6
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	3.4
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	0.8
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	0.2
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	5.8
09004	Apples, raw, without skin	110.0	1.0 cup slices	4.4
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	0.3
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	0.5
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	4.3
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	4.2
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	51.7
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	2.4
09403	Apricot nectar, canned, with added ascorbic acid	251.0	1.0 cup	44.2
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	1.5
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	5.9
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	9.9
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	8.0
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	7.2
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	6.8
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	12.0
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	6.8
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	8.3
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	4.1
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	17.7
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	11.3
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	3.8
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	0.8
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	1.3
09035	Apricots, frozen, sweetened	242.0	1.0 cup	21.8
09021	Apricots, raw	155.0	1.0 cup, halves	15.5
18522	ARCHWAY Home Style Cookies, Chocolate Chip Ice Box	24.0	1.0 serving	0.0
18524	ARCHWAY Home Style Cookies, Coconut Macaroon	22.0	1.0 serving	0.0
18529	ARCHWAY Home Style Cookies, Frosty Lemon	26.0	1.0 serving	0.0
18533	ARCHWAY Home Style Cookies, Iced Oatmeal	28.0	1.0 serving	0.0
18535	ARCHWAY Home Style Cookies, Molasses	26.0	1.0 serving	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
18537	ARCHWAY Home Style Cookies, Oatmeal	25.0	1.0 serving	0.0
18538	ARCHWAY Home Style Cookies, Oatmeal Raisin	26.0	1.0 serving	0.0
18539	ARCHWAY Home Style Cookies, Old Fashioned Molasses	26.0	1.0 serving	0.0
18540	ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies	20.0	1.0 serving	0.0
18541	ARCHWAY Home Style Cookies, Peanut Butter	21.0	1.0 serving	0.0
18513	ARCHWAY Home Style Cookies, Sugar Free Oatmeal	24.0	1.0 serving	0.0
11701	Arrowhead, cooked, boiled, drained, with salt	12.0	1.0 corm, medium	0.0
11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	0.0
11005	Arrowhead, raw	25.0	1.0 large	0.3
20003	Arrowroot flour	128.0	1.0 cup	0.0
11697	Arrowroot, raw	120.0	1.0 cup, sliced	2.3
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	8.9
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	8.9
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	8.4
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	8.4
11009	Artichokes, (globe or french), frozen, unprepared	84.0	0.33 package	4.5
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	15.0
11959	Arugula, raw	2.0	1.0 leaf	0.3
11015	Asparagus, canned, drained solids	242.0	1.0 cup	44.5
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	20.1
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	20.1
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	6.9
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	6.9
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	43.9
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	43.9
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	18.4
11011	Asparagus, raw	134.0	1.0 cup	7.5
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	15.0
09038	Avocados, raw, California	230.0	1.0 cup, pureed	20.2
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	40.0
42150	Babyfood, apple yogurt dessert, strained	15.0	1.0 tbsp	5.3
03167	Babyfood, apple-banana juice	31.2	1.0 fl oz	8.7
03169	Babyfood, apple-cranberry juice	31.2	1.0 fl oz	8.7
03289	Babyfood, apples with ham, strained	15.0	1.0 tbsp	0.0
03115	Babyfood, apples, dices, toddler	28.35	1.0 oz	8.9

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03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0.0
42284	Babyfood, baked product, finger snacks cereal fortified	1.7	1.0 cookie	0.2
43550	Babyfood, banana apple dessert, strained	15.0	1.0 tbsp	1.8
42119	Babyfood, banana juice with low fat yogurt	31.5	1.0 fl oz	10.7
43546	Babyfood, banana no tapioca, strained	15.0	1.0 tbsp	3.3
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	18.0
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	39.9
03290	Babyfood, carrots and beef, strained	15.0	1.0 tbsp	0.1
42316	Babyfood, carrots, toddler	28.35	1.0 oz	0.2
03181	Babyfood, cereal, barley, dry fortified	2.4	1.0 tbsp	0.0
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	0.1
42285	Babyfood, cereal, brown rice, dry, instant	3.7	1.0 tbsp	0.0
03201	Babyfood, cereal, egg yolks and bacon, junior	28.35	1.0 oz	0.3
03211	Babyfood, cereal, high protein, with apple and orange, dry	2.4	1.0 tbsp	0.1
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	1.5
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	0.1
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified	28.35	1.0 oz	4.5
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	4.5
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	0.1
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	0.1
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	0.0
03689	Babyfood, cereal, oatmeal, prepared with whole milk	28.35	1.0 oz	0.4
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified	28.35	1.0 oz	3.9
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	3.9
03190	Babyfood, cereal, oatmeal, with bananas, dry	15.0	1.0 serving	8.7
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	0.1
03193	Babyfood, cereal, oatmeal, with honey, dry	2.4	1.0 tbsp	0.0
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	15.0	1.0 serving	37.5
03194	Babyfood, cereal, Rice, dry, fortified	2.5	1.0 tbsp	0.1
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0.1
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	5.1
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	0.0
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	0.1
03696	Babyfood, cereal, rice, with honey, prepared with whole milk	28.35	1.0 oz	0.0
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	15.0	0.5 oz	8.7

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	0.2
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	0.2
03199	Babyfood, cereal, with eggs, strained	28.35	1.0 oz	0.2
03222	Babyfood, cherry cobbler, junior	28.35	1.0 oz	2.6
03206	Babyfood, cookie, baby, fruit	8.0	1.0 cookie	0.1
03213	Babyfood, cookies	28.35	1.0 oz	2.0
03214	Babyfood, cookies, arrowroot	28.35	1.0 oz	1.6
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	1.4
03209	Babyfood, crackers, vegetable	0.7	1.0 cracker	0.4
43004	Babyfood, dessert, banana pudding, strained	15.0	1.0 tbsp	1.8
43539	Babyfood, dessert, banana yogurt, strained	15.0	1.0 tbsp	2.1
43537	Babyfood, dessert, blueberry yogurt, strained	15.0	1.0 tbsp	1.9
03225	Babyfood, dessert, cherry vanilla pudding, junior	28.35	1.0 oz	0.3
03224	Babyfood, dessert, cherry vanilla pudding, strained	28.35	1.0 oz	0.3
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	0.9
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	1.8
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	5.1
03220	Babyfood, dessert, dutch apple, strained	28.35	1.0 oz	6.1
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	15.0	1.0 tbsp	0.4
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	15.0	1.0 tbsp	0.4
03226	Babyfood, dessert, fruit pudding, orange, strained	28.35	1.0 oz	2.6
03233	Babyfood, dessert, fruit pudding, pineapple, strained	15.0	1.0 tbsp	4.1
03228	Babyfood, dessert, peach cobbler, junior	15.0	1.0 tbsp	3.1
03227	Babyfood, dessert, peach cobbler, strained	15.0	1.0 tbsp	3.1
03230	Babyfood, dessert, peach melba, junior	28.35	1.0 oz	7.4
03229	Babyfood, dessert, peach melba, strained	28.35	1.0 oz	8.9
43536	Babyfood, dessert, peach yogurt	15.0	1.0 tbsp	1.8
03238	Babyfood, dessert, tropical fruit, junior	28.35	1.0 oz	5.3
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	0.1
03049	Babyfood, dinner, beef and rice, toddler	28.35	1.0 oz	1.1
03043	Babyfood, dinner, beef lasagna, toddler	28.35	1.0 oz	0.5
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	0.2
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	0.0
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	0.9
03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	0.0

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03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	5.1
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	16.0	1.0 tbsp	0.3
43008	Babyfood, dinner, chicken and rice	16.0	1.0 tbsp	0.2
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	0.0
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	0.0
03070	Babyfood, dinner, chicken soup, strained	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	1.1
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	0.3
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	0.4
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	0.0
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	0.2
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	0.0
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	16.0	1.0 tbsp	0.3
03279	Babyfood, dinner, mixed vegetable, junior	99.0	1.0 serving	3.3
03278	Babyfood, dinner, mixed vegetable, strained	28.35	1.0 oz	0.8
03077	Babyfood, dinner, pasta with vegetables	113.0	1.0 jar, Gerber (4 oz)	3.3
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	0.0
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	0.0
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	28.35	1.0 oz	1.2
03303	Babyfood, dinner, sweet potatoes and chicken, strained	16.0	1.0 tbsp	0.0
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	0.0
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	0.0
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	0.1
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	0.8
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	0.5
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	0.5
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	0.5
03042	Babyfood, dinner, vegetables and dumplings and beef, junior	28.35	1.0 oz	0.2
03041	Babyfood, dinner, vegetables and dumplings and beef, strained	28.35	1.0 oz	0.2
03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	2.8
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	4.1
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	0.5
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	3.1
03081	Babyfood, dinner, vegetables and noodles and turkey, junior	28.35	1.0 oz	0.2
03079	Babyfood, dinner, vegetables and noodles and turkey, strained	28.35	1.0 oz	0.2
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	1.0

00073 Babyfond, dinner, vegetables, chicken, strained 256.11 1.0 cup 0.3 00076 Babyfond, dinner, vegetables, models and chicken, strained 28.35 1.0 cu 0.2 33879 Babyfond, dinner, vegetables, models and chicken, strained 28.35 1.0 cu 0.2 33879 Babyfond, foring cereal bar, fruit filling 1.0 lm 0.5 cu 0.0 3184 Babyfond, fruit december, and the strained of the	NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
03076 Babyfood, dinner, vegetables, noodles and chicken, junior 28.35 1.0 oz 0.2 03078 Babyfood, dinner, vegetables, noodles and chicken, strained 28.35 1.0 oz 0.2 3379 Babyfood, furner, vegetables, noodles and chicken, strained 8.99 0.15 oz 0.0 03944 Babyfood, furnified careal bar, fruit filling 19.0 1.0 bar 0.5 03144 Babyfood, furitie adversables, paple and sweet potato 15.0 1.0 bay 0.2 43858 Babyfood, furitie supple and blueberry, strained 15.0 1.0 bby 1.9 43858 Babyfood, fruit, apple and blueberry, strained 28.35 1.0 oz 3.9 63161 Babyfood, fruit, apple and blueberry, strained 28.35 1.0 oz 8.2 63152 Babyfood, fruit, apple and rapberry, minor 28.35 1.0 oz 8.2 63143 Babyfood, fruit, apple and rapberry, minor 16.0 1.0 tbp 3.0 63142 Babyfood, fruit, apple and rapberry, minor 28.35 1.0 oz 7.6 63143 Babyfood, fruit, apple and rapberry, minor	03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	1.8
09075 Babyfood, dimer, vegetables, moulles and chicken, strained 28.35 1.0 or 0.2 385970 Babyfood, finger sancks, GERRIER, GRADUATES, LL CRUNCHIES - MILD CHEDDAR 8.9 0.5 cep 0.0 08154 Babyfood, finger sancks, GERRIER, GRADUATES, LL CRUNCHIES - MILD CHEDDAR 8.9 0.10 bp 0.0 08154 Babyfood, fruit and vegetable, apple and sweet potato 113.0 1.0 jur, Gether (4 oz) 7.2 08140 Babyfood, fruit, apple and sweet potato 15.0 0.10 bp 2.4 08156 Babyfood, fruit, apple and blueberry, junior 28.35 1.0 oz 7.9 08156 Babyfood, fruit, apple and blueberry, junior 28.35 1.0 oz 7.9 08152 Babyfood, fruit, apple and resphery, strained 28.35 1.0 oz 7.0 08152 Babyfood, fruit, apple and resphery, strained 28.35 1.0 oz 7.0 08152 Babyfood, fruit, apple and resphery, strained 28.35 1.0 oz 1.0 08142 Babyfood, fruit, apple and each early incircuit 28.35 1.0 oz 1.2 08142 Babyfood, fru	03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	0.3
38379 Babyfood, finger snacks, GERBER, GRADIATES, LIL CRUNCHIES - MILD CHEDDAR 8.9 0.5 cmp 0.0 09964 Babyfood, fruit decreal bar, first iffilling 19.0 1.0 bar 0.5 81514 Babyfood, fruit decreal bar, apple and sweet potato 113.0 1.0 jar, Gerber (400) 7.2 03140 Babyfood, fruit supreme dessert 15.0 1.0 tbp 2.4 48585 Babyfood, fruit, apple and blueberry, junior 28.15 1.0 oz 3.9 03161 Babyfood, fruit, apple and flusherry, strained 28.35 1.0 oz 7.0 03152 Babyfood, fruit, apple and raspherry, junior 28.55 1.0 oz 8.2 03152 Babyfood, fruit, apple and raspherry, strained 28.35 1.0 oz 7.6 03143 Babyfood, fruit, apple auer and appricos, strained 16.0 1.0 tbp 2.0 03142 Babyfood, fruit, appleauce and derries, junior 28.55 1.0 oz 12.1 03145 Babyfood, fruit, appleauce and cherries, strained 28.5 1.0 oz 12.1 03146 Babyfood, fruit, appleauce and pincapple, strained <td>03076</td> <td>Babyfood, dinner, vegetables, noodles and chicken, junior</td> <td>28.35</td> <td>1.0 oz</td> <td>0.2</td>	03076	Babyfood, dinner, vegetables, noodles and chicken, junior	28.35	1.0 oz	0.2
83944 Bolyfood, fortified cereal bor, fruit filling 19.0 1.0 bar 0.5 63154 Ralyfrood, fruit and vegetable, apples and swear potato 113.0 1.0 jar, Gerber (4 co) 7.2 43140 Balyfrood, fruit sueprem dessert 15.0 1.0 the page 1.0 1.0 43555 Balyfrood, fruit, apple and blueberry, junior 28.35 1.0 co 3.9 91616 Balyfrood, fruit, apple and blueberry, strained 28.35 1.0 co 3.9 91815 Balyfrood, fruit, apple and raspberry, junior 28.35 1.0 co 3.9 91812 Balyfrood, fruit, apple and raspberry, junior 28.35 1.0 co 7.6 91812 Balyfrood, fruit, applesance and apricots, junior 16.0 1.0 the page 1.0 2.0 91812 Balyfrood, fruit, applesance and depricots, strained 16.0 1.0 the page 1.0 2.1 91814 Balyfrood, fruit, applesance and princapple, junior 28.35 1.0 co 7.6 91815 Balyfrood, fruit, applesance and princapple, strained 28.35 1.0 co 7.6 91816 Balyfrood, fruit, applesance a	03075	Babyfood, dinner, vegetables, noodles and chicken, strained	28.35	1.0 oz	0.2
8154 Babyfood, fruit and vegetable, apple and sweet potato 113.0 1.0 jar, Gerber (4 oz) 7.2 03140 Babyfood, fruit subspream dessert 15.0 1.0 thsp 2.4 48885 Babyfood, fruit, supple and blueberry, junior 28.35 1.0 or 3.9 03163 Babyfood, fruit, apple and blueberry, strained 28.35 1.0 or 7.9 03153 Babyfood, fruit, apple and raspberry, strained 28.35 1.0 or 7.9 03152 Babyfood, fruit, apple and easpberry, strained 28.35 1.0 or 7.6 03143 Babyfood, fruit, apple and easpberry, strained 28.35 1.0 or 7.6 03145 Babyfood, fruit, apple ance and appricost, strained 16.0 1.0 thsp 2.9 03144 Babyfood, fruit, applesance and princapple, junior 28.35 1.0 or 7.2 03145 Babyfood, fruit, applesance and princapple, junior 28.35 1.0 or 7.6 03140 Babyfood, fruit, applesance and princapple, junior 28.35 1.0 or 7.6 03147 Babyfood, fruit, applesance and princapple, junior	33879	Babyfood, finger snacks, GERBER, GRADUATES, LIL CRUNCHIES - MILD CHEDDAR	8.9	0.5 cup	0.0
03110 Baltyfood, fruit desert, mango with tapioca 15.0 1.0 thesp 2.4 43858 Baltyfood, fruit, apple and blueberry, junior 28.3 1.0 oz .7 03164 Baltyfood, fruit, apple and blueberry, strained 28.35 1.0 oz .7 03153 Baltyfood, fruit, apple and respherry, strained 28.35 1.0 oz .7 03152 Baltyfood, fruit, apple and respherry, strained 28.35 1.0 oz .7 03152 Baltyfood, fruit, applesance and aprices, junior 16.0 1.0 thesp .2 03143 Baltyfood, fruit, applesance and cherries, strained 16.0 1.0 thesp .2 03142 Baltyfood, fruit, applesance and cherries, strained 28.3 1.0 oz .2 03144 Baltyfood, fruit, applesance and cherries, strained 28.3 1.0 oz .2 03145 Baltyfood, fruit, applesance and pineapple, strained 28.3 1.0 oz .2 03140 Baltyfood, fruit, applesance, strained 16.0 1.0 thesp .2 03141 Baltyfood, fruit, applesance, strained 16.0	03964	Babyfood, fortified cereal bar, fruit filling	19.0	1.0 bar	0.5
43585 Babyfood, fruit, apple and hubebrry, junior 28.35 1.0 or 3.9 03164 Babyfood, fruit, apple and hubebrry, junior 28.35 1.0 or 3.9 03153 Babyfood, fruit, apple and raspberry, junior 28.35 1.0 oz 7.8 03152 Babyfood, fruit, apple and raspberry, junior 28.35 1.0 oz 7.6 03143 Babyfood, fruit, apple and parjoros, junior 16.0 1.0 tbsp 2.9 03142 Babyfood, fruit, applesauce and pricos, strained 16.0 1.0 tbsp 3.0 03142 Babyfood, fruit, applesauce and cherries, junior 28.35 1.0 oz 12.1 03144 Babyfood, fruit, applesauce and pincapple, junior 28.35 1.0 oz 7.6 03151 Babyfood, fruit, applesauce and pincapple, junior 28.35 1.0 oz 7.6 03152 Babyfood, fruit, applesauce and pincapple, junior 28.35 1.0 oz 7.6 03151 Babyfood, fruit, applesauce, with banaa, junior 16.0 1.0 tbsp 6.0 03167 Babyfood, fruit, applesauce, strained 16.0 1.0	03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	7.2
03164 Babyfood, fruit, apple and blueberry, strained 28.35 1.0 oz 7.9 03164 Babyfood, fruit, apple and raspberry, strained 28.35 1.0 oz 7.9 03152 Babyfood, fruit, apple and raspberry, strained 28.35 1.0 oz 7.6 03143 Babyfood, fruit, apple suce and apricots, junior 16.0 1.0 tbsp 2.0 03142 Babyfood, fruit, apple suce and apricots, junior 28.35 1.0 oz 2.0 03142 Babyfood, fruit, apple suce and cherries, strained 6.6 1.0 tbsp 3.0 03145 Babyfood, fruit, apple suce and cherries, strained 28.35 1.0 oz 2.1 03140 Babyfood, fruit, apple suce and pincapple, strained 28.35 1.0 oz 2.2 03151 Babyfood, fruit, apple suce and pincapple, strained 28.35 1.0 oz 2.7 03152 Babyfood, fruit, apple suce and pincapple, strained 16.0 1.0 tbsp 4.0 0316 Babyfood, fruit, apple suce, strained 16.0 1.0 tbsp 6.0 0317 Babyfood, fruit, apple suce, strained 15.0	03140	Babyfood, fruit dessert, mango with tapioca	15.0	1.0 tbsp	2.4
33164 Babyfood, fruit, apple and raspberry, junior 28.35 1.0 oz 7.9 33153 Babyfood, fruit, apple and raspberry, junior 28.35 1.0 oz 8.2 33152 Babyfood, fruit, apple and raspberry, strained 28.35 1.0 oz 7.6 33143 Babyfood, fruit, applesauce and apricots, strained 16.0 1.0 bap 2.9 33145 Babyfood, fruit, applesauce and cherries, junior 28.35 1.0 oz 12.1 33145 Babyfood, fruit, applesauce and cherries, strained 28.35 1.0 oz 12.1 33140 Babyfood, fruit, applesauce and pincapple, junior 28.35 1.0 oz 7.6 33151 Babyfood, fruit, applesauce and pincapple, junior 28.35 1.0 oz 7.6 33151 Babyfood, fruit, applesauce and pincapple, strained 28.35 1.0 oz 7.6 33160 Babyfood, fruit, applesauce, strained 16.0 1.0 bap 2.8 33171 Babyfood, fruit, papiesauce, strained 15.0 1.0 bap 2.7 33182 Babyfood, fruit, parica with tapioca, strained 15.0 <td< td=""><td>43585</td><td>Babyfood, fruit supreme dessert</td><td>15.0</td><td>1.0 tbsp</td><td>1.9</td></td<>	43585	Babyfood, fruit supreme dessert	15.0	1.0 tbsp	1.9
03153 Babyfood, fruit, apple and raspberry, junior 28.35 1.0 oz 8.2 03152 Babyfood, fruit, apple and raspberry, strained 28.35 1.0 oz 7.6 03143 Babyfood, fruit, apple and raspberry, strained 16.0 1.0 bbsp 2.9 03142 Babyfood, fruit, applesauce and apricots, strained 16.0 1.0 bbsp 3.0 03145 Babyfood, fruit, applesauce and cherries, junior 28.35 1.0 oz 1.2 03144 Babyfood, fruit, applesauce and pineapple, strained 28.35 1.0 oz 7.6 03150 Babyfood, fruit, applesauce and pineapple, strained 28.35 1.0 oz 7.6 03147 Babyfood, fruit, applesauce and pineapple, strained 28.35 1.0 oz 8.0 03147 Babyfood, fruit, applesauce, strained 16.0 1.0 bbsp 2.8 03147 Babyfood, fruit, applesauce, strained 15.0 1.0 bbsp 6.1 03148 Babyfood, fruit, applesauce, strained 15.0 1.0 bbsp 3.2 03149 Babyfood, fruit, parico with tapioca, strained 15.0 1.0	03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	3.9
33152 Babyfood, fruit, apple and raspberry, strained 28.35 1.0 oz 7.6 03143 Babyfood, fruit, applesauce and apricots, junior 16.0 1.0 tbsp 2.9 03142 Babyfood, fruit, applesauce and cherries, junior 28.5 1.0 oz 12.1 03145 Babyfood, fruit, applesauce and cherries, strained 28.35 1.0 oz 12.1 03141 Babyfood, fruit, applesauce and cherries, strained 28.35 1.0 oz 7.6 03150 Babyfood, fruit, applesauce and pincapple, junior 28.35 1.0 oz 7.6 03150 Babyfood, fruit, applesauce with banana, junior 16.0 1.0 tbsp 2.8 03147 Babyfood, fruit, applesauce, junior 16.0 1.0 tbsp 6.1 03116 Babyfood, fruit, applesauce, with banana, junior 16.0 1.0 tbsp 6.1 03117 Babyfood, fruit, applesauce, strained 16.0 1.0 tbsp 6.1 03128 Babyfood, fruit, paricot with tapioca, junior 15.0 1.0 tbsp 2.7 03180 Babyfood, fruit, bananas and pincapple with tapioca, junior 15.0<	03164	Babyfood, fruit, apple and blueberry, strained	28.35	1.0 oz	7.9
03143 Babyfood, fruit, applesauce and apricots, junior 16.0 1.0 tbsp 2.9 03142 Babyfood, fruit, applesauce and apricots, strained 16.0 1.0 tbsp 3.0 03145 Babyfood, fruit, applesauce and cherries, junior 28.35 1.0 oz 12.1 03141 Babyfood, fruit, applesauce and pineapple, junior 28.35 1.0 oz 7.6 03150 Babyfood, fruit, applesauce and pineapple, strained 28.35 1.0 oz 8.0 03147 Babyfood, fruit, applesauce and pineapple, strained 28.35 1.0 oz 8.0 03147 Babyfood, fruit, applesauce, with banana, junior 16.0 1.0 tbsp 6.0 03116 Babyfood, fruit, applesauce, strained 16.0 1.0 tbsp 6.0 03116 Babyfood, fruit, applesauce, strained 16.0 1.0 tbsp 6.0 03118 Babyfood, fruit, applesauce, strained 15.0 1.0 tbsp 2.7 03118 Babyfood, fruit, apricot with tapioca, strained 15.0 1.0 tbsp 3.2 03128 Babyfood, fruit, bananas and pincapple with tapioca, strained 15	03153	Babyfood, fruit, apple and raspberry, junior	28.35	1.0 oz	8.2
33142 Babyfood, fruit, applesauce and apricots, strained 160 1.0 tbsp 3.0 03145 Babyfood, fruit, applesauce and cherries, junior 28.35 1.0 oz 12.1 03144 Babyfood, fruit, applesauce and cherries, strained 28.35 1.0 oz 12.1 03150 Babyfood, fruit, applesauce and pineapple, junior 28.35 1.0 oz 8.0 03150 Babyfood, fruit, applesauce and pineapple, strained 28.35 1.0 oz 8.0 03147 Babyfood, fruit, applesauce, and pineapple, strained 16.0 1.0 tbsp 2.8 03116 Babyfood, fruit, applesauce, junior 16.0 1.0 tbsp 6.0 03116 Babyfood, fruit, applesauce, strained 16.0 1.0 tbsp 2.8 03118 Babyfood, fruit, aprice with tapica, strained 15.0 1.0 tbsp 2.7 03118 Babyfood, fruit, parice with tapica, strained 15.0 1.0 tbsp 3.2 03150 Babyfood, fruit, bananas and pineapple with tapica, junior 15.0 1.0 tbsp 2.2 03160 Babyfood, fruit, bananas with apples and pears, strained	03152	Babyfood, fruit, apple and raspberry, strained	28.35	1.0 oz	7.6
03145 Babyfood, fruit, applesauce and cherries, junior 28.35 1.0 oz 12.1 03144 Babyfood, fruit, applesauce and pineapple, junior 28.35 1.0 oz 7.6 03151 Babyfood, fruit, applesauce and pineapple, junior 28.35 1.0 oz 7.6 03150 Babyfood, fruit, applesauce and pineapple, strained 28.35 1.0 oz 8.0 03147 Babyfood, fruit, applesauce, junior 16.0 1.0 tbsp 2.8 03117 Babyfood, fruit, applesauce, junior 16.0 1.0 tbsp 6.1 03118 Babyfood, fruit, applesauce, strained 16.0 1.0 tbsp 6.1 03128 Babyfood, fruit, apricot with tapioca, junior 15.0 1.0 tbsp 2.7 03118 Babyfood, fruit, paricot with tapioca, strained 15.0 1.0 tbsp 3.2 03180 Babyfood, fruit, banana and strawberry, junior 15.0 1.0 tbsp 3.2 03150 Babyfood, fruit, bananas with apples and pears, strained 15.0 1.0 tbsp 2.2 03161 Babyfood, fruit, bananas with tapioca, strained 15.0 1.0 tbsp 3.2 03162 Babyfood, fruit, bananas	03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	2.9
03144 Babyfood, fruit, applesauce and cherries, strained 28.35 1.0 oz 7.6 03151 Babyfood, fruit, applesauce and pineapple, junior 28.35 1.0 oz 7.6 03150 Babyfood, fruit, applesauce and pineapple, strained 28.35 1.0 oz 8.0 03147 Babyfood, fruit, applesauce with banana, junior 16.0 1.0 tbsp 2.8 03116 Babyfood, fruit, applesauce, junior 16.0 1.0 tbsp 6.0 03116 Babyfood, fruit, applesauce, strained 16.0 1.0 tbsp 6.0 03128 Babyfood, fruit, applesauce, strained 15.0 1.0 tbsp 2.7 03118 Babyfood, fruit, applesauce, strained 15.0 1.0 tbsp 2.7 03118 Babyfood, fruit, parico with tapioca, strained 15.0 1.0 tbsp 3.2 03194 Babyfood, fruit, banana and pineapple with tapioca, junior 15.0 1.0 tbsp 3.2 03157 Babyfood, fruit, bananas with apples and pears, strained 15.0 1.0 tbsp 2.5 03163 Babyfood, fruit, bananas with tapioca, junior 15.0	03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	3.0
03151 Babyfood, fruit, applesauce and pineapple, junior 28.35 1.0 oz 7.6 03150 Babyfood, fruit, applesauce with banana, junior 16.0 1.0 tbsp 2.8 03147 Babyfood, fruit, applesauce, junior 16.0 1.0 tbsp 6.0 03117 Babyfood, fruit, applesauce, junior 16.0 1.0 tbsp 6.0 03116 Babyfood, fruit, applesauce, strained 16.0 1.0 tbsp 6.1 03128 Babyfood, fruit, apricot with tapioca, junior 15.0 1.0 tbsp 2.7 03118 Babyfood, fruit, banana and strawberry, junior 140.0 1.0 tbsp 3.2 03594 Babyfood, fruit, bananas and pineapple with tapioca, junior 15.0 1.0 tbsp 3.2 03157 Babyfood, fruit, bananas and pineapple with tapioca, strained 15.0 1.0 tbsp 2.9 03163 Babyfood, fruit, bananas with apples and pears, strained 15.0 1.0 tbsp 2.3 03220 Babyfood, fruit, bananas with tapioca, strained 15.0 1.0 tbsp 3.9 03129 Babyfood, fruit, bananas with tapioca, strained <td< td=""><td>03145</td><td>Babyfood, fruit, applesauce and cherries, junior</td><td>28.35</td><td>1.0 oz</td><td>12.1</td></td<>	03145	Babyfood, fruit, applesauce and cherries, junior	28.35	1.0 oz	12.1
03150 Babyfood, fruit, applesauce and pineapple, strained 28.35 1.0 oz 8.0 03147 Babyfood, fruit, applesauce, with banana, junior 16.0 1.0 tbsp 2.8 03117 Babyfood, fruit, applesauce, junior 16.0 1.0 tbsp 6.0 03116 Babyfood, fruit, applesauce, strained 16.0 1.0 tbsp 6.1 03128 Babyfood, fruit, apricot with tapioca, junior 15.0 1.0 tbsp 2.7 03118 Babyfood, fruit, apricot with tapioca, strained 15.0 1.0 tbsp 3.2 03994 Babyfood, fruit, banana and strawberry, junior 140.0 1.0 bottle 18.1 03157 Babyfood, fruit, bananas and pineapple with tapioca, strained 15.0 1.0 tbsp 3.2 03163 Babyfood, fruit, bananas with apples and pears, strained 15.0 1.0 tbsp 2.1 03280 Babyfood, fruit, bananas with tapioca, junior 15.0 1.0 tbsp 3.9 03129 Babyfood, fruit, bananas with tapioca, strained 15.0 1.0 tbsp 2.5 03160 Babyfood, fruit, pananas with tapioca, strained	03144	Babyfood, fruit, applesauce and cherries, strained	28.35	1.0 oz	12.1
03147 Babyfood, fruit, applesauce with banana, junior 16.0 1.0 tbsp 2.8 03117 Babyfood, fruit, applesauce, junior 16.0 1.0 tbsp 6.0 03116 Babyfood, fruit, applesauce, strained 16.0 1.0 tbsp 6.1 03128 Babyfood, fruit, apricot with tapioca, junior 15.0 1.0 tbsp 2.7 03118 Babyfood, fruit, parcot with tapioca, strained 15.0 1.0 tbsp 3.2 03994 Babyfood, fruit, banana and strawberry, junior 140.0 1.0 bottle 18.1 03156 Babyfood, fruit, bananas and pineapple with tapioca, junior 15.0 1.0 tbsp 3.2 03157 Babyfood, fruit, bananas with apples and pears, strained 15.0 1.0 tbsp 2.9 03163 Babyfood, fruit, bananas with tapioca, junior 15.0 1.0 tbsp 2.1 03280 Babyfood, fruit, bananas with tapioca, strained 15.0 1.0 tbsp 3.9 03129 Babyfood, fruit, bananas with tapioca, strained 25.0 1.0 tbsp 2.5 03160 Babyfood, fruit, panaya and papaya with tapioca, strained 28.35 1.0 oz 22.9 03162	03151	Babyfood, fruit, applesauce and pineapple, junior	28.35	1.0 oz	7.6
03117 Babyfood, fruit, applesauce, junior 16.0 1.0 tbsp 6.0 03116 Babyfood, fruit, applesauce, strained 16.0 1.0 tbsp 6.1 03128 Babyfood, fruit, apricot with tapioca, junior 15.0 1.0 tbsp 2.7 03118 Babyfood, fruit, apricot with tapioca, strained 15.0 1.0 tbsp 3.2 03994 Babyfood, fruit, banana and strawberry, junior 140.0 1.0 bottle 18.1 03156 Babyfood, fruit, bananas and pineapple with tapioca, junior 15.0 1.0 tbsp 3.2 03157 Babyfood, fruit, bananas with apples and pears, strained 15.0 1.0 tbsp 2.9 03163 Babyfood, fruit, bananas with tapioca, junior 15.0 1.0 tbsp 2.1 03280 Babyfood, fruit, bananas with tapioca, strained 15.0 1.0 tbsp 2.5 03162 Babyfood, fruit, pananas with tapioca, strained 28.35 1.0 oz 22.9 03162 Babyfood, fruit, papaya and applesauce with tapioca, strained 28.35 1.0 oz 32.1 03131 Babyfood, fruit, paches, junior 17.0 1.0 tbsp 7.8 03130 Babyfo	03150	Babyfood, fruit, applesauce and pineapple, strained	28.35	1.0 oz	8.0
03116 Babyfood, fruit, applesauce, strained 16.0 1.0 tbsp 6.1 03128 Babyfood, fruit, apricot with tapioca, junior 15.0 1.0 tbsp 2.7 03118 Babyfood, fruit, apricot with tapioca, strained 15.0 1.0 tbsp 3.2 03994 Babyfood, fruit, banana and strawberry, junior 140.0 1.0 tbsp 3.2 03156 Babyfood, fruit, bananas and pineapple with tapioca, junior 15.0 1.0 tbsp 3.2 03157 Babyfood, fruit, bananas with apples and pears, strained 15.0 1.0 tbsp 2.9 03163 Babyfood, fruit, bananas with tapioca, junior 15.0 1.0 tbsp 2.1 03280 Babyfood, fruit, bananas with tapioca, junior 15.0 1.0 tbsp 3.9 03129 Babyfood, fruit, bananas with tapioca, strained 15.0 1.0 tbsp 2.5 03160 Babyfood, fruit, guava and papaya with tapioca, strained 28.35 1.0 oz 22.9 03162 Babyfood, fruit, papaya and applesauce with tapioca, strained 28.35 1.0 oz 32.1 03131 Babyfood, fruit, paches, strained 17.0 1.0 tbsp 7.8 03130 <td>03147</td> <td>Babyfood, fruit, applesauce with banana, junior</td> <td>16.0</td> <td>1.0 tbsp</td> <td>2.8</td>	03147	Babyfood, fruit, applesauce with banana, junior	16.0	1.0 tbsp	2.8
03128 Babyfood, fruit, apricot with tapioca, junior 15.0 1.0 tbsp 2.7 03118 Babyfood, fruit, apricot with tapioca, strained 15.0 1.0 tbsp 3.2 03994 Babyfood, fruit, banana and strawberry, junior 140.0 1.0 bottle 18.1 03156 Babyfood, fruit, bananas and pineapple with tapioca, junior 15.0 1.0 tbsp 3.2 03157 Babyfood, fruit, bananas with apples and pears, strained 15.0 1.0 tbsp 2.9 03163 Babyfood, fruit, bananas with apples and pears, strained 15.0 1.0 tbsp 2.1 03280 Babyfood, fruit, bananas with tapioca, junior 15.0 1.0 tbsp 3.9 03129 Babyfood, fruit, bananas with tapioca, strained 15.0 1.0 tbsp 2.5 03160 Babyfood, fruit, guava and papaya with tapioca, strained 28.35 1.0 oz 22.9 03162 Babyfood, fruit, papaya and applesauce with tapioca, strained 28.35 1.0 oz 32.1 03131 Babyfood, fruit, peaches, junior 17.0 1.0 tbsp 7.8 03130 Babyfood, fruit, peaches, s	03117	Babyfood, fruit, applesauce, junior	16.0	1.0 tbsp	6.0
03118 Babyfood, fruit, apricot with tapioca, strained 15.0 1.0 tbsp 3.2 03994 Babyfood, fruit, banana and strawberry, junior 140.0 1.0 bottle 18.1 03156 Babyfood, fruit, bananas and pineapple with tapioca, junior 15.0 1.0 tbsp 2.9 03157 Babyfood, fruit, bananas and pineapple with tapioca, strained 15.0 1.0 tbsp 2.9 03163 Babyfood, fruit, bananas with apples and pears, strained 15.0 1.0 tbsp 2.1 03280 Babyfood, fruit, bananas with tapioca, junior 15.0 1.0 tbsp 3.9 03129 Babyfood, fruit, bananas with tapioca, strained 15.0 1.0 tbsp 2.5 03160 Babyfood, fruit, guava and papaya with tapioca, strained 28.35 1.0 oz 22.9 03162 Babyfood, fruit, papaya and applesauce with tapioca, strained 28.35 1.0 oz 32.1 03131 Babyfood, fruit, peaches, junior 17.0 1.0 tbsp 7.8 03130 Babyfood, fruit, peaches, strained 17.0 1.0 tbsp 7.8	03116	Babyfood, fruit, applesauce, strained	16.0	1.0 tbsp	6.1
03994 Babyfood, fruit, banana and strawberry, junior 140.0 1.0 bottle 18.1 03156 Babyfood, fruit, bananas and pineapple with tapioca, junior 15.0 1.0 tbsp 3.2 03157 Babyfood, fruit, bananas and pineapple with tapioca, strained 15.0 1.0 tbsp 2.9 03163 Babyfood, fruit, bananas with apples and pears, strained 15.0 1.0 tbsp 2.1 03280 Babyfood, fruit, bananas with tapioca, junior 15.0 1.0 tbsp 3.9 03129 Babyfood, fruit, bananas with tapioca, strained 15.0 1.0 tbsp 2.5 03160 Babyfood, fruit, guava and papaya with tapioca, strained 28.35 1.0 oz 22.9 03162 Babyfood, fruit, papaya and applesauce with tapioca, strained 28.35 1.0 oz 32.1 03131 Babyfood, fruit, peaches, junior 17.0 1.0 tbsp 7.8 03130 Babyfood, fruit, peaches, strained 17.0 1.0 tbsp 7.8	03128	Babyfood, fruit, apricot with tapioca, junior	15.0	1.0 tbsp	2.7
03156 Babyfood, fruit, bananas and pineapple with tapioca, junior 15.0 1.0 tbsp 3.2 03157 Babyfood, fruit, bananas and pineapple with tapioca, strained 15.0 1.0 tbsp 2.9 03163 Babyfood, fruit, bananas with apples and pears, strained 15.0 1.0 tbsp 2.1 03280 Babyfood, fruit, bananas with tapioca, junior 15.0 1.0 tbsp 3.9 03129 Babyfood, fruit, bananas with tapioca, strained 15.0 1.0 tbsp 2.5 03160 Babyfood, fruit, guava and papaya with tapioca, strained 28.35 1.0 oz 22.9 03162 Babyfood, fruit, papaya and applesauce with tapioca, strained 28.35 1.0 oz 32.1 03131 Babyfood, fruit, peaches, junior 17.0 1.0 tbsp 7.8 03130 Babyfood, fruit, peaches, strained 17.0 1.0 tbsp 7.8	03118	Babyfood, fruit, apricot with tapioca, strained	15.0	1.0 tbsp	3.2
03157 Babyfood, fruit, bananas and pineapple with tapioca, strained 15.0 1.0 tbsp 2.9 03163 Babyfood, fruit, bananas with apples and pears, strained 15.0 1.0 tbsp 2.1 03280 Babyfood, fruit, bananas with tapioca, junior 15.0 1.0 tbsp 3.9 03129 Babyfood, fruit, bananas with tapioca, strained 15.0 1.0 tbsp 2.5 03160 Babyfood, fruit, guava and papaya with tapioca, strained 28.35 1.0 oz 22.9 03162 Babyfood, fruit, papaya and applesauce with tapioca, strained 28.35 1.0 oz 32.1 03131 Babyfood, fruit, peaches, junior 17.0 1.0 tbsp 7.8 03130 Babyfood, fruit, peaches, strained 17.0 1.0 tbsp 7.8	03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	18.1
03163 Babyfood, fruit, bananas with apples and pears, strained 15.0 1.0 tbsp 2.1 03280 Babyfood, fruit, bananas with tapioca, junior 15.0 1.0 tbsp 3.9 03129 Babyfood, fruit, bananas with tapioca, strained 15.0 1.0 tbsp 2.5 03160 Babyfood, fruit, guava and papaya with tapioca, strained 28.35 1.0 oz 22.9 03162 Babyfood, fruit, papaya and applesauce with tapioca, strained 28.35 1.0 oz 32.1 03131 Babyfood, fruit, peaches, junior 17.0 1.0 tbsp 7.8 03130 Babyfood, fruit, peaches, strained 17.0 1.0 tbsp 7.8	03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	15.0	1.0 tbsp	3.2
03280Babyfood, fruit, bananas with tapioca, junior15.01.0 tbsp3.903129Babyfood, fruit, bananas with tapioca, strained15.01.0 tbsp2.503160Babyfood, fruit, guava and papaya with tapioca, strained28.351.0 oz22.903162Babyfood, fruit, papaya and applesauce with tapioca, strained28.351.0 oz32.103131Babyfood, fruit, peaches, junior17.01.0 tbsp7.803130Babyfood, fruit, peaches, strained17.01.0 tbsp7.8	03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	2.9
Babyfood, fruit, bananas with tapioca, strained 15.0 Babyfood, fruit, guava and papaya with tapioca, strained 28.35 1.0 oz 22.9 23.1 28.35 1.0 oz 32.1 28.35 32.1 28.35 32.1 33.1 Babyfood, fruit, papaya and applesauce with tapioca, strained 28.35 1.0 oz 32.1 33.1 Babyfood, fruit, peaches, junior 17.0 10 tbsp 7.8 31.0 tbsp 7.8	03163	Babyfood, fruit, bananas with apples and pears, strained	15.0	1.0 tbsp	2.1
03160Babyfood, fruit, guava and papaya with tapioca, strained28.351.0 oz22.903162Babyfood, fruit, papaya and applesauce with tapioca, strained28.351.0 oz32.103131Babyfood, fruit, peaches, junior17.01.0 tbsp7.803130Babyfood, fruit, peaches, strained17.01.0 tbsp7.8	03280	Babyfood, fruit, bananas with tapioca, junior	15.0	1.0 tbsp	3.9
03162Babyfood, fruit, papaya and applesauce with tapioca, strained28.351.0 oz32.103131Babyfood, fruit, peaches, junior17.01.0 tbsp7.803130Babyfood, fruit, peaches, strained17.01.0 tbsp7.8	03129	Babyfood, fruit, bananas with tapioca, strained	15.0	1.0 tbsp	2.5
03131 Babyfood, fruit, peaches, junior 17.0 1.0 tbsp 7.8 03130 Babyfood, fruit, peaches, strained 17.0 1.0 tbsp 7.8	03160	Babyfood, fruit, guava and papaya with tapioca, strained	28.35	1.0 oz	22.9
03130 Babyfood, fruit, peaches, strained 17.0 1.0 tbsp 7.8	03162	Babyfood, fruit, papaya and applesauce with tapioca, strained	28.35	1.0 oz	32.1
	03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	7.8
Babyfood, fruit, pears and pineapple, junior 16.0 1.0 tbsp 2.7	03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	7.8
	03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	2.7

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
03158	Babyfood, fruit, pears and pineapple, strained	16.0	1.0 tbsp	4.4
03133	Babyfood, fruit, pears, junior	16.0	1.0 tbsp	3.5
03132	Babyfood, fruit, pears, strained	16.0	1.0 tbsp	3.9
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	15.0	1.0 tbsp	0.1
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.2
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	28.35	1.0 oz	0.2
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.1
43007	Babyfood, fruit, tutti frutti, junior	15.0	1.0 tbsp	1.1
43006	Babyfood, fruit, tutti frutti, strained	15.0	1.0 tbsp	1.9
42286	Babyfood, green beans and turkey, strained	14.0	1.0 tbsp	0.3
03093	Babyfood, green beans, dices, toddler	28.35	1.0 oz	0.5
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	2.2
03166	Babyfood, juice, apple	31.7	1.0 fl oz	18.4
43535	Babyfood, juice, apple - cherry	31.2	1.0 fl oz	10.0
03268	Babyfood, juice, apple and cherry	31.2	1.0 fl oz	18.2
03265	Babyfood, juice, apple and grape	31.2	1.0 fl oz	9.8
03168	Babyfood, juice, apple and peach	31.2	1.0 fl oz	18.3
03170	Babyfood, juice, apple and plum	31.2	1.0 fl oz	18.2
03171	Babyfood, juice, apple and prune	31.2	1.0 fl oz	21.1
03269	Babyfood, juice, apple, with calcium	189.0	1.0 serving	40.1
42266	Babyfood, juice, apple-sweet potato	30.8	1.0 fl oz	10.5
03267	Babyfood, juice, fruit punch, with calcium	31.2	1.0 fl oz	6.6
03179	Babyfood, juice, mixed fruit	31.2	1.0 fl oz	19.8
03172	Babyfood, juice, orange	31.2	1.0 fl oz	19.5
03173	Babyfood, juice, orange and apple	31.2	1.0 fl oz	24.0
03174	Babyfood, juice, orange and apple and banana	31.2	1.0 fl oz	10.0
03175	Babyfood, juice, orange and apricot	31.2	1.0 fl oz	26.8
03176	Babyfood, juice, orange and banana	31.2	1.0 fl oz	10.6
03177	Babyfood, juice, orange and pineapple	31.2	1.0 fl oz	16.7
42267	Babyfood, juice, orange-carrot	30.8	1.0 fl oz	10.5
43408	Babyfood, juice, pear	31.2	1.0 fl oz	10.5
03178	Babyfood, juice, prune and orange	31.2	1.0 fl oz	19.9
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	0.0
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	2.6
43417	Babyfood, meat, beef with vegetables, toddler	179.0	1.0 jar NFS	4.5

09002 Babyfood, meat, beef, junior 23.35 1.0 og 0.6 09012 Babyfood, meat, beef, strained 1.0 1.0 1.0 0.0 09013 Babyfood, meat, beef, strained 1.00 1.0 1.0 0.0 09012 Babyfood, meat, chicken, jurior 15.0 1.0 bug 0.3 0909 Babyfood, meat, han, jurior 28.35 1.0 oz 0.0 0908 Babyfood, meat, han, strained 15.0 1.0 bug 0.3 09010 Babyfood, meat, han, strained 15.0 1.0 bug 0.3 09011 Babyfood, meat, hand, strained 28.35 1.0 oz 0.0 09010 Babyfood, meat, tard, strained 28.35 1.0 oz 0.0 09017 Babyfood, meat, tarde, strained 28.35 1.0 oz 0.0 09016 Babyfood, meat, tarde, strained 15.0 1.0 thp 0.0 0916 Babyfood, meat, tarde, strained 15.0 1.0 thp 0.0 0917 Babyfood, meat, tarde, strained 15.0 1.0 thp	NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
8314 Babytood, ment, chicken stricks, junior 10.0 1.0 stack 0.2 10012 Rabytood, ment, chicken, junior 15.0 1.0 stag 0.2 10302 Rabytood, ment, hans, junior 28.35 1.0 oz 0.6 10308 Rabytood, ment, hans, junior 28.35 1.0 oz 0.5 10310 Babytood, ment, hans, junior 28.35 1.0 oz 0.5 10301 Babytood, ment, bull, junior 28.35 1.0 oz 0.5 10302 Babytood, ment, ment stricks, junior 100 1.0 stick 0.2 10307 Babytood, ment, ment stricks, junior 100 1.0 stick 0.2 10307 Babytood, ment, interby, strianed 28.35 1.0 oz 0.0 10307 Babytood, ment, interby, strianed 18.0 1.0 stick 0.2 10318 Babytood, ment, interby, strianed 15.0 1.0 stick 0.2 10319 Babytood, ment, interby, strianed 15.0 1.0 stick 0.2 10310 Babytood, ment, interby, strick strick 1.0 stick <td>03003</td> <td>Babyfood, meat, beef, junior</td> <td>28.35</td> <td>1.0 oz</td> <td>0.6</td>	03003	Babyfood, meat, beef, junior	28.35	1.0 oz	0.6
801013 Babyfood, meat, chicken, junior 15.0 1.0 thep 0.2 30019 Babyfood, meat, han, minor 28.35 1.10 tog 0.6 3008 Babyfood, meat, han, strained 15.0 1.0 tog 0.6 3001 Babyfood, meat, han, strained 28.35 1.0 cz 0.5 30101 Babyfood, meat, han, strained 22.35 1.0 cz 0.5 30101 Babyfood, meat, han, strained 22.35 1.0 cz 0.5 30201 Babyfood, meat, meat sticks, junior 10.0 1.0 stick 0.2 30307 Babyfood, meat, meat, sticks, junior 10.0 1.0 stick 0.2 30307 Babyfood, meat, uset, pot, strained 15.0 1.0 tog 0.0 30310 Babyfood, meat, uset, pot, strained 15.0 1.0 tog 0.0 30315 Babyfood, meat, uset, strained 15.0 1.0 tog 0.0 30316 Babyfood, meat, uset, strained 15.0 1.0 tog 0.0 30317 Babyfood, meat, uset, strained 15.0 1.0 tog	03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	0.3
8012 Babyfood, meat, chicken, strained 15.0 1.0 thap 0.3 0009 Babyfood, meat, hun, junior 28.35 1.0 α 0.6 0808 Babyfood, meat, hank, junior 28.38 1.0 α 0.5 0901 Babyfood, meat, lamb, strained 22.0 1.0 tbsp 0.5 0901 Babyfood, meat, lamb, strained 22.0 1.0 tbsp 0.5 0907 Babyfood, meat, perk, strained 28.35 1.0 α 0.5 0917 Babyfood, meat, turkey, steks, junior 10.0 1.0 tbsp 0.0 0916 Babyfood, meat, turkey, steks, junior 10.0 1.0 tbsp 0.0 0917 Babyfood, meat, turkey, strained 15.0 1.0 tbsp 0.3 0918 Babyfood, meat, turkey, strained 15.0 1.0 tbsp 0.3 0910 Babyfood, meat, turkey, strained 15.0 1.0 tbsp 0.3 0912 Babyfood, meat, turkey, strained 15.0 1.0 tbsp 0.3 1020 Babyfood, mixed fruit yogur, strained 15.0 1.0 tbsp	03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	0.2
0.0000 Baby/cood, meat, hams, junior 28.35 1.0 oz 0.6 0.0008 Baby/cood, meat, hams, strained 15.0 1.0 tobsp 0.3 0.0101 Baby/cood, meat, habb, junior 28.35 1.0 nz 0.0 0.0102 Baby/cood, meat, harb, strained 22.0 1.0 tobsp 0.3 0.017 Baby/cood, meat, brek, strained 28.55 1.0 nz 0.2 0.017 Baby/cood, meat, brek, strained 1.00 1.0 stack 0.2 0.018 Baby/cood, meat, breks, junior 100 1.0 stack 0.2 0.019 Baby/cood, meat, trukey, junior 100 1.0 tobsp 0.0 0.010 Baby/cood, meat, trukey, junior 100 1.0 tobsp 0.0 0.011 Baby/cood, meat, trukey, junior 15.0 1.0 tobsp 0.0 0.010 Baby/cood, meat, trukey, junior 15.0 1.0 tobsp 0.0 0.011 Baby/cood, meat, trukey, junior 15.0 1.0 tobsp 0.0 0.012 Baby/cood, meat, trukey, junior 15.0 1.0 tobsp 0.0 0.012 Baby/cood, meat, trukey, junior 15.0 1.0 tobsp 0.0 0.012 Baby/cood,	03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	0.2
80008 Babyfood, meat, ham, strained 15.0 1.0 to be 0.0 03011 Babyfood, meat, hamb, junior 28.35 1.0 oz 0.5 93012 Babyfood, meat, hamb, strained 22.0 1.0 tobs 0.2 93021 Babyfood, meat, meat, stricks, junior 10.0 1.0 stock 0.2 9307 Babyfood, meat, turkey, strick, junior 10.0 1.0 stock 0.2 93016 Babyfood, meat, turkey, junior 10.0 1.0 stock 0.2 93015 Babyfood, meat, turkey, junior 15.0 1.0 tobs 0.0 93016 Babyfood, meat, turkey, strained 15.0 1.0 tobs 0.0 93015 Babyfood, meat, turkey, strained 31.5 1.0 tobs 0.0 94210 Babyfood, mieat forting fice with low fat yogurt 31.5 1.0 tobs 0.0 94210 Babyfood, mieat firmity yogurt, strained 3.3 1.0 tobs 0.1 9323 Babyfood, parker, dices, toddler 28.35 1.0 tobs 0.1 9314 Babyfood, peaches, dices, toddler	03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	0.3
03011 Babyfood, meat, lamb, junior 28.35 1.0 oz 0.5 03010 Babyfood, meat, lamb, strained 22.0 1.0 tibsp 0.3 03021 Babyfood, meat, meat sicks, junior 28.33 1.0 oz 0.5 0307 Babyfood, meat, meat, turkey, strained 10.0 1.0 stick 0.2 03016 Babyfood, meat, turkey, strained 15.0 1.0 tibsp 0.0 03015 Babyfood, meat, turkey, strained 15.0 1.0 tibsp 0.0 03015 Babyfood, meat, weal, strained 16.0 1.0 tibsp 0.0 03015 Babyfood, mixed firit juice with low fat yogurt 31.5 1.0 tibsp 0.0 42120 Babyfood, mixed firit juice with low fat yogurt 31.5 1.0 tibsp 0.0 42210 Babyfood, mixed firit juice with low fat yogurt 31.5 1.0 tibsp 0.0 42210 Babyfood, mixed firit juice with low fat yogurt 31.5 1.0 tibsp 0.1 42221 Babyfood, mixed firit juice with low fat yogurt 31.5 1.0 tibsp 0.1 4323	03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0.6
03010 Babyfood, meat, teath, strained 22.0 1.0 thesp 0.3 03021 Babyfood, meat, teath sticks, junior 10.0 1.0 stick 0.2 03007 Babyfood, meat, turkey sticks, junior 10.0 1.0 stick 0.2 03016 Babyfood, meat, turkey, stirned 10.0 1.0 stick 0.2 03016 Babyfood, meat, turkey, strained 15.0 1.0 thep 0.0 03015 Babyfood, meat, turkey, strained 15.0 1.0 thep 0.0 03015 Babyfood, meat, turkey, strained 15.0 1.0 thep 0.0 03015 Babyfood, mixed fruit juice with low far yogurt 31.5 1.0 rthep 0.0 4212 Babyfood, mixed fruit juice with low far yogurt 31.5 1.0 rthep 1.8 4322 Babyfood, mixed fruit juice with low far yogurt 35.2 1.0 rthep 1.8 4323 Babyfood, mixed fruit juice with low far yogurt 35.2 1.0 thep 1.8 4324 Babyfood, mixed fruit juice with low far yogurt 35.2 1.0 thep 1.0 4325 </td <td>03008</td> <td>Babyfood, meat, ham, strained</td> <td>15.0</td> <td>1.0 tbsp</td> <td>0.3</td>	03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	0.3
03021 Babyfood, meat, pork, strained 10.0 1.0 strike 0.2 03007 Babyfood, meat, pork, strained 28.35 1.0 oz 0.5 03017 Babyfood, meat, turkey, strained 10.0 1.0 stike 0.2 03016 Babyfood, meat, turkey, strained 15.0 10.0 tbp 0.0 03015 Babyfood, meat, turkey, strained 16.0 10.0 tbp 0.0 42120 Babyfood, mixed fruit juice with low fat yogurt 31.5 1.0 fb or 10.0 42120 Babyfood, mixed fruit yogurt, strained 15.0 10.0 tbp 1.8 43232 Babyfood, mixed fruit yogurt, strained 5.3 1.0 tbp 1.0 93045 Babyfood, peaches, dices, toddler 28.35 1.0 oz 8.9 93141 Babyfood, peaches, dices, toddler 28.35 1.0 oz 8.9 93122 Babyfood, peaches, dices, toddler 28.35 1.0 oz 1.7 93293 Babyfood, peaches, dices, toddler 28.35 1.0 oz 3.5 93121 Babyfood, plums, bananas and rice, strained	03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	0.5
03007 Bahyfood, meat, turkey sitxianied 28.35 1.0 oz 0.5 03017 Bahyfood, meat, turkey sitxianied 10.0 1.0 stick 0.2 03016 Bahyfood, meat, turkey, jurior 19.0 1.0 tbsp 0.0 03015 Bahyfood, meat, turkey, strained 15.0 1.0 tbsp 0.0 03005 Bahyfood, meat, veal, strained 16.0 1.0 tbsp 0.0 42120 Bahyfood, mixed fruit juice with low fat yogurt 31.5 1.0 fl oz 10.7 43523 Bahyfood, mixed fruit juice with low fat yogurt 5.3 1.0 tbsp 0.0 3316 Bahyfood, packes, dices, toddler 28.35 1.0 oz 8.9 0314 Bahyfood, peaches, dices, toddler 28.35 1.0 oz 8.9 0314 Bahyfood, peach, dices, toddler 28.35 1.0 oz 1.7 03229 Bahyfood, peach, dices, toddler 28.35 1.0 oz 1.7 03293 Bahyfood, peach, dices, toddler 28.35 1.0 oz 1.7 03294 Bahyfood, potatoes, toddler 16.0	03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	0.3
03017 Babyfood, meat, turkey, stinior 10.0 1.0 stick 0.2 03016 Babyfood, meat, turkey, strained 19.0 1.0 tbsp 0.0 03015 Babyfood, meat, turkey, strained 15.0 1.0 tbsp 0.0 03005 Babyfood, meat, veat, strained 16.0 1.0 tbsp 0.0 42120 Babyfood, mixed fruit juice with low fat yogurt 31.5 1.0 flow 1.8 03205 Babyfood, mixed fruit yogurt, strained 15.0 1.0 tbsp 1.8 03205 Babyfood, peaches, dices, toddler fortified 5.3 1.0 tbsp 0.1 03161 Babyfood, peaches, dices, toddler 28.35 1.0 oz 8.9 03124 Babyfood, peaches, dices, toddler 28.35 1.0 oz 8.9 42279 Babyfood, peaches, dices, toddler 28.35 1.0 oz 1.7 03122 Babyfood, peaches, dices, toddler 28.35 1.0 oz 1.7 03229 Babyfood, peaches, dices, toddler 28.35 1.0 oz 1.7 03229 Babyfood, peaches, dices, toddler	03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	0.2
03016 Babyfood, meat, turkey, junior 19.0 1.0 tbsp 0.0 03015 Babyfood, meat, turkey, strained 15.0 1.0 tbsp 0.3 03005 Babyfood, meat, turkey, strained 16.0 1.0 tbsp 0.0 42120 Babyfood, mixed fruit juice with low fat yogurt 31.5 1.0 floor 10.7 432323 Babyfood, mixed fruit yogur, strained 15.0 1.0 tbsp 1.8 03205 Babyfood, peaches, dices, toddler 28.35 1.0 tbsp 0.1 93161 Babyfood, peach, dices, toddler 28.35 1.0 oz 8.9 03141 Babyfood, peach, dices, toddler 28.35 1.0 oz 8.9 42279 Babyfood, peas and brown rice 28.35 1.0 oz 1.7 03293 Babyfood, peas, dices, toddler 28.35 1.0 oz 1.7 03293 Babyfood, peach, gices, toddler 28.35 1.0 oz 1.7 03215 Babyfood, peach, gices, toddler 28.35 1.0 oz 1.7 03216 Babyfood, peach, gices, toddler 163.0	03007	Babyfood, meat, pork, strained	28.35	1.0 oz	0.5
03015 Babyfood, meat, turkey, strained 15.0 1.0 tbsp 0.0 03005 Babyfood, meat, veal, strained 16.0 1.0 tbsp 0.0 42120 Babyfood, mixed fruit juce with low fat yogurt 31.5 1.0 fl oz 10.7 43523 Babyfood, mixed fruit yogurt, strained 15.0 1.0 tbsp 1.8 93050 Babyfood, peaches, dices, toddler 28.35 1.0 tbsp 0.1 3161 Babyfood, peaches, dices, toddler 28.35 1.0 oz 8.9 42279 Babyfood, peach, dices, toddler 28.35 1.0 oz 8.9 42279 Babyfood, peach, dices, toddler 28.35 1.0 oz 1.0 30122 Babyfood, peach, dices, toddler 28.35 1.0 oz 1.7 30293 Babyfood, peach, dices, toddler 28.35 1.0 oz 1.5 30112 Babyfood, peach, dices, toddler 28.35 1.0 oz 1.5 30293 Babyfood, peach, dices, toddler 28.35 1.0 oz 1.7 30312 Babyfood, peach, dices, toddler 16.0	03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	0.2
03005 Babyfood, mat, veal, strained 16.0 1.0 tbsp 0.0 42120 Babyfood, mixed fruit juice with low fat yogurt 31.5 1.0 fl oz 10.7 43523 Babyfood, mixed fruit yogurt, strained 15.0 1.0 tbsp 1.8 03205 Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified 5.3 1.0 tbsp 0.1 03161 Babyfood, peaches, dices, toddler 28.35 1.0 oz 8.9 03141 Babyfood, peach, esc, toddler 28.35 1.0 oz 8.9 42279 Babyfood, peas and brown rice 2300 1.0 cup 6.9 03122 Babyfood, peach, dices, toddler 28.35 1.0 oz 1.7 03293 Babyfood, peach, dices, toddler 28.35 1.0 oz 1.7 03294 Babyfood, peach, dices, toddler 28.35 1.0 oz 1.7 03295 Babyfood, peach, dices, toddler 28.35 1.0 oz 1.7 03296 Babyfood, peach, dices, toddler 16.3 1.0 tbsp 0.2 0312 Babyfood, peach, dices, dodler<	03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	0.0
42120 Babyfood, mixed fruit juice with low fat yogurt 31.5 1.0 fl oz 10.7 43523 Babyfood, mixed fruit yogurt, strained 15.0 1.0 tbsp 1.8 03205 Babyfood, catmeal cereal with fruit, dry, instant, toddler fortified 5.3 1.0 tbsp 0.1 03161 Babyfood, peachs, dices, toddler 28.35 1.0 oz 8.9 03141 Babyfood, pears and brown rice 23.00 1.0 cup 6.9 03122 Babyfood, peas and brown rice 28.35 1.0 oz 1.7 03293 Babyfood, peach, cices, toddler 28.35 1.0 oz 1.7 03293 Babyfood, potatoes, toddler 163.0 1.0 cup 17.1 03212 Babyfood, prace, dices, toddler 163.0 1.0 cup 17.1 03215 Babyfood, prace, dices, toddler 163.0 1.0 cup 17.1 03212 Babyfood, prace, dices, toddler 15.0 1.0 cup 17.1 03215 Babyfood, prace, without vitamin c, strained 15.0 1.0 cup 1.1 0312 Babyfood, prac	03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	0.3
43523 Babyfood, mixed fruit yogurt, strained 15.0 1.0 tbsp 1.8 03205 Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified 5.3 1.0 tbsp 0.1 03161 Babyfood, peaches, dices, toddler 28.35 1.0 oz 8.9 03141 Babyfood, pears, dices, toddler 28.35 1.0 oz 8.9 42279 Babyfood, peas and brown rice 230.0 1.0 cup 6.9 03122 Babyfood, peas, dices, toddler 28.35 1.0 oz 1.7 03293 Babyfood, peat, dices, toddler 28.35 1.0 oz 3.7 03112 Babyfood, peat, dices, toddler 163.0 1.0 cup 3.7 03112 Babyfood, peatels, doubters, toddler 163.0 1.0 cup 3.7 03112 Babyfood, pratecls, toddler 163.0 1.0 cup 17.1 03215 Babyfood, pratecls, developed the peach of the peace of the pea	03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	0.0
03205 Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified 5.3 1.0 tbsp 0.1 03161 Babyfood, peaches, dices, toddler 28.35 1.0 oz 8.9 03141 Babyfood, pears, dices, toddler 28.35 1.0 oz 8.9 42279 Babyfood, peas, dices, toddler 230.0 1.0 cup 6.9 03122 Babyfood, peas, dices, toddler 28.35 1.0 oz 1.7 03293 Babyfood, plums, bananas and rice, strained 28.35 1.0 oz 3.5 03112 Babyfood, potatoes, toddler 163.0 1.0 cup 17.1 03215 Babyfood, protatoes, toddler 163.0 1.0 cup 17.1 03215 Babyfood, protatoes, toddler 163.0 1.0 cup 17.1 03216 Babyfood, protatoes, toddler 160.0 1.0 tbsp 0.2 0346 Babyfood, protatoes, tiddler 1.0 tbsp 0.0 0345 Babyfood, race, desee filled, with tomato sauce 16.0 1.0 tbsp 0.0 03046 Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Frui	42120	Babyfood, mixed fruit juice with low fat yogurt	31.5	1.0 fl oz	10.7
03161 Babyfood, peaches, dices, toddler 28.35 1.0 oz 8.9 03141 Babyfood, pears, dices, toddler 28.35 1.0 oz 8.9 42279 Babyfood, peas and brown rice 230.0 1.0 cup 6.9 03122 Babyfood, peas, dices, toddler 28.35 1.0 oz 1.7 03293 Babyfood, plums, bananas and rice, strained 28.35 1.0 oz 3.5 03112 Babyfood, potatoes, toddler 163.0 1.0 cup 17.1 03215 Babyfood, protates, toddler 28.35 1.0 oz 1.1 03119 Babyfood, pretzels 28.35 1.0 oz 1.1 0319 Babyfood, pretzels 28.35 1.0 oz 1.1 03046 Babyfood, ravioli, cheese filled, with tomato sauce 16.0 1.0 tbsp 0.0 03049 Babyfood, nack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars 9.9 1.0 bar 17.8 03998 Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack 7.0 18.0 piece 0.0 03302 Babyfood, ve	43523	Babyfood, mixed fruit yogurt, strained	15.0	1.0 tbsp	1.8
03141 Babyfood, pears, dices, toddler 28.35 1.0 oz 8.9 42279 Babyfood, peas and brown rice 23.00 1.0 cup 6.9 03122 Babyfood, peas, dices, toddler 28.35 1.0 oz 1.7 03293 Babyfood, plums, bananas and rice, strained 28.35 1.0 cup 3.5 03112 Babyfood, potatoes, toddler 163.0 1.0 cup 17.1 03215 Babyfood, pretzels 28.35 1.0 oz 1.1 03139 Babyfood, pretzels 28.35 1.0 toz 1.1 03140 Babyfood, pretzels 15.0 1.0 tosp 0.2 03046 Babyfood, ravioli, cheese filled, with tomato sauce 16.0 1.0 tosp 0.0 43529 Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars 9.9 1.0 tosp 0.0 03019 Babyfood, snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack 7.0 18.0 picce 0.0 03302 Babyfood, vegetable and brown rice, strained 23.0 1.0 serving 4.0 42278 B	03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	5.3	1.0 tbsp	0.1
42279 Babyfood, peas and brown rice 230.0 1.0 cup 6.9 03122 Babyfood, peas, dices, toddler 28.35 1.0 oz 1.7 03293 Babyfood, plums, bananas and rice, strained 28.35 1.0 oz 3.5 03112 Babyfood, potatoes, toddler 163.0 1.0 cup 17.1 03215 Babyfood, prateels 28.35 1.0 oz 1.1 03139 Babyfood, prunes, without vitamin c, strained 15.0 1.0 tbsp 0.2 03046 Babyfood, ravioli, cheese filled, with tomato sauce 16.0 1.0 tbsp 0.0 43529 Babyfood, rice and apples, dry 2.5 1.0 tbsp 0.0 03019 Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars 9.9 1.0 bar 17.8 03998 Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack 7.0 18.0 piece 0.0 03302 Babyfood, vegetable and brown rice, strained 230.0 1.0 serving 4.0 42278 Babyfood, vegetable, butternut squash and corn 113.0 1.0 jar, Gerber (4 oz) 5.5 03096 Babyfood, vegetable, green beans and potatoes<	03161	Babyfood, peaches, dices, toddler	28.35	1.0 oz	8.9
03122 Babyfood, peas, dices, toddler 28.35 1.0 oz 1.7 03293 Babyfood, plums, bananas and rice, strained 28.35 1.0 oz 3.5 03112 Babyfood, potatoes, toddler 163.0 1.0 cup 17.1 03215 Babyfood, pretzels 28.35 1.0 oz 1.1 03139 Babyfood, pretzels 28.35 1.0 oz 1.1 03149 Babyfood, prunes, without vitamin c, strained 15.0 1.0 tbsp 0.2 03046 Babyfood, ravioli, cheese filled, with tomato sauce 16.0 1.0 tbsp 0.0 43529 Babyfood, rice and apples, dry 2.5 1.0 tbsp 0.0 03019 Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars 9.9 1.0 bar 17.8 03998 Babyfood, snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack 7.0 18.0 piece 0.0 03302 Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS 7.0 1.0 serving 4.0 42278 Babyfood, vegetable, butternut squash and corn 113.0 1.0 jar, Gerber (4 oz) 5.5 </td <td>03141</td> <td>Babyfood, pears, dices, toddler</td> <td>28.35</td> <td>1.0 oz</td> <td>8.9</td>	03141	Babyfood, pears, dices, toddler	28.35	1.0 oz	8.9
03293 Babyfood, plums, bananas and rice, strained 28.35 1.0 oz 3.5 03112 Babyfood, potatoes, toddler 163.0 1.0 cup 17.1 03215 Babyfood, pretzels 28.35 1.0 oz 1.1 03139 Babyfood, prunes, without vitamin c, strained 15.0 1.0 tbsp 0.2 03046 Babyfood, ravioli, cheese filled, with tomato sauce 16.0 1.0 tbsp 0.0 43529 Babyfood, rice and apples, dry 2.5 1.0 tbsp 0.0 03019 Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars 9.9 1.0 bar 17.8 03998 Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack 7.0 18.0 piece 0.0 03302 Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS 7.0 1.0 serving 4.0 42278 Babyfood, vegetable and brown rice, strained 230.0 1.0 jar, Gerber (4 oz) 5.5 03114 Babyfood, vegetable, butternut squash and corn 113.0 1.0 jar, Gerber (4 oz) 5.5 03096 Babyfood, vegetable, green beans and potatoes	42279	Babyfood, peas and brown rice	230.0	1.0 cup	6.9
03112 Babyfood, potatoes, toddler 163.0 1.0 cup 17.1 03215 Babyfood, pretzels 28.35 1.0 oz 1.1 03139 Babyfood, prunes, without vitamin c, strained 15.0 1.0 tbsp 0.2 03046 Babyfood, ravioli, cheese filled, with tomato sauce 16.0 1.0 tbsp 0.0 43529 Babyfood, rice and apples, dry 2.5 1.0 tbsp 0.0 03019 Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars 9.9 1.0 bar 17.8 03998 Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack 7.0 18.0 piece 0.0 03302 Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS 7.0 1.0 serving 4.0 42278 Babyfood, vegetable and brown rice, strained 230.0 1.0 cup 0.7 03114 Babyfood, vegetable, butternut squash and corn 113.0 1.0 jar, Gerber (4 oz) 5.5 03096 Babyfood, vegetable, green beans and potatoes 113.0 1.0 jar, Gerber (4 oz) 5.5	03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	1.7
03215 Babyfood, pretzels 28.35 1.0 oz 1.1 03139 Babyfood, prunes, without vitamin c, strained 15.0 1.0 tbsp 0.2 03046 Babyfood, ravioli, cheese filled, with tomato sauce 16.0 1.0 tbsp 0.0 43529 Babyfood, rice and apples, dry 2.5 1.0 tbsp 0.0 03019 Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars 9.9 1.0 bar 17.8 03998 Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack 7.0 18.0 piece 0.0 03302 Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS 7.0 1.0 serving 4.0 42278 Babyfood, vegetable and brown rice, strained 230.0 1.0 cup 0.7 03114 Babyfood, vegetable, butternut squash and corn 113.0 1.0 jar, Gerber (4 oz) 5.5 03096 Babyfood, vegetable, green beans and potatoes 113.0 1.0 jar, Gerber (4 oz) 1.2	03293	Babyfood, plums, bananas and rice, strained	28.35	1.0 oz	3.5
Babyfood, prunes, without vitamin c, strained 15.0 1.0 tbsp 0.2 03046 Babyfood, ravioli, cheese filled, with tomato sauce 16.0 1.0 tbsp 0.0 43529 Babyfood, rice and apples, dry 2.5 1.0 tbsp 0.0 03019 Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars 9.9 1.0 bar 17.8 03998 Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack 7.0 18.0 piece 0.0 03302 Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS 7.0 1.0 serving 4.0 42278 Babyfood, vegetable and brown rice, strained 230.0 1.0 cup 0.7 03114 Babyfood, vegetable, butternut squash and corn 113.0 1.0 jar, Gerber (4 oz) 5.5 03096 Babyfood, vegetable, green beans and potatoes 113.0 1.0 jar, Gerber (4 oz) 1.2	03112	Babyfood, potatoes, toddler	163.0	1.0 cup	17.1
Babyfood, ravioli, cheese filled, with tomato sauce 16.0 1.0 tbsp 0.0 43529 Babyfood, rice and apples, dry 2.5 1.0 tbsp 0.0 8abyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars 9.9 1.0 bar 17.8 03998 Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack 7.0 18.0 piece 0.0 42278 Babyfood, vegetable and brown rice, strained 230.0 1.0 cup 0.7 03114 Babyfood, vegetable, butternut squash and corn 113.0 1.0 jar, Gerber (4 oz) 5.5 03096 Babyfood, vegetable, green beans and potatoes	03215	Babyfood, pretzels	28.35	1.0 oz	1.1
Babyfood, rice and apples, dry Babyfood, rice and apples, dry Babyfood, rice and apples, dry Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack Babyfood, snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS Babyfood, vegetable and brown rice, strained Babyfood, vegetable, butternut squash and corn Babyfood, vegetable, green beans and potatoes Babyfood, vegetable, green beans and potatoes Babyfood, vegetable, green beans and potatoes Babyfood, rice and apples, dry 1.0 tbsp 1.0 topp 1.0 topp 1.0 jar, Gerber (4 oz) 1.0 topp 1.0 jar, Gerber (4 oz) 1.0 topp 1.0	03139	Babyfood, prunes, without vitamin c, strained	15.0	1.0 tbsp	0.2
Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars 9.9 1.0 bar 17.8 17.8 18.0 piece 0.0 18.0 piece 18.0 piece 0.0 18.0 piece 18.0 pie	03046	Babyfood, ravioli, cheese filled, with tomato sauce	16.0	1.0 tbsp	0.0
Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack 7.0 Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS 7.0 1.0 serving 4.0 42278 Babyfood, vegetable and brown rice, strained 230.0 1.0 cup 0.7 03114 Babyfood, vegetable, butternut squash and corn 113.0 1.0 jar, Gerber (4 oz) 5.5 03096 Babyfood, vegetable, green beans and potatoes	43529	Babyfood, rice and apples, dry	2.5	1.0 tbsp	0.0
Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS 7.0 1.0 serving 4.0 42278 Babyfood, vegetable and brown rice, strained 230.0 1.0 cup 0.7 03114 Babyfood, vegetable, butternut squash and corn 113.0 1.0 jar, Gerber (4 oz) 5.5 03096 Babyfood, vegetable, green beans and potatoes 113.0 1.0 jar, Gerber (4 oz) 1.2	03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	17.8
42278Babyfood, vegetable and brown rice, strained230.01.0 cup0.703114Babyfood, vegetable, butternut squash and corn113.01.0 jar, Gerber (4 oz)5.503096Babyfood, vegetable, green beans and potatoes113.01.0 jar, Gerber (4 oz)1.2	03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	0.0
Babyfood, vegetable, butternut squash and corn 113.0 1.0 jar, Gerber (4 oz) 5.5 13096 Babyfood, vegetable, green beans and potatoes 113.0 1.0 jar, Gerber (4 oz) 1.2	03302	Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS	7.0	1.0 serving	4.0
Babyfood, vegetable, green beans and potatoes 113.0 1.0 jar, Gerber (4 oz) 1.2	42278	Babyfood, vegetable and brown rice, strained	230.0	1.0 cup	0.7
	03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	5.5
03098 Babyfood, vegetables, beets, strained 224.0 1.0 cup 5.4	03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	1.2
	03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	5.4

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	12.3
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	12.8
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	5.3
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	2.4
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	1.6
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	20.2
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	0.7
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	2.5
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	0.5
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	0.1
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	20.9
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	0.0
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	0.0
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	22.2
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	21.5
03024	Babyfood, water, bottled, GERBER, without added fluoride.	113.0	1.0 serving	0.0
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	31.0	1.0 oz	0.4
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	16.0	1.0 tbsp	0.6
07921	Bacon and beef sticks	28.0	1.0 oz	0.0
43212	Bacon bits, meatless	7.0	1.0 tbsp	0.1
16104	Bacon, meatless	144.0	1.0 cup	0.0
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	0.0
07974	Bacon, turkey, low sodium	15.0	1.0 serving	3.6
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	0.2
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.1
18003	Bagels, egg	28.35	1.0 oz	0.2
28322	Bagels, multigrain	81.0	1.0 piece bagel	0.0
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0.1
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	0.0
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.0
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.0
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.0
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	0.0
18968	Bagels, wheat	98.0	1.0 bagel	0.0
28319	Bagels, whole grain white	43.0	0.5 piece bagel 1 serving	0.0

1914 Baking chocolare, MARS SNACKFOOD US, Méanupul's Senisveet Chocolare Min Baking Bits 140 1.0 serving 0.5 oz, about 1 thep 0.1 1913 Baking chocolare, MARS SNACKFOOD US, Méanupul's Senisveet Chocolare Min Baking Bits 120 1.0 serving 0.5 oz, about 1 thep 0.0 1913 Baking chocolare, mereixan, squanes 20 1.0 ca pour les bakes 0.0 1907 Baking chocolare, mereixan, squanes 20 1.0 oz square Bakers 0.0 1917 Baking chocolare, mereixan, squares 3.0 1.0 oz square Bakers 0.0 1917 Baking chocolare, mereixaneetend, squares 3.0 1.0 oz square Bakers 0.0 1110 Bakinam pear (bitter gorad), beafy sips, cooked, boiled, drained, with salt 3.0 1.0 ozq (12° gieses) 4.22 11102 Bakinam pear (bitter gorad), pods, cooked, boiled, drained, without salt 1240 1.0 ozq (12° gieses) 4.49 11112 Bakinam pear (bitter gorad), pods, cooked, boiled, drained, without salt 121 1.0 ozq (12° gieses) 7.80 11112 Bakinam pear (bitter gorad), pods, cooked, boiled, drained, without salt 120 1.0 ozq (12° gieses) 7.00 11112 Bakinam pear (bitter gorad), pods, cooked, boiled, drained, without salt 120 1.0 ozq (12° gieses) 7.0	NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
19124 Baking chocolare, mexican, squares 200 10 total color 0 19077 Baking chocolare, unsweetened, lipited 28.35 1.0 cz 0 1978 Baking chocolare, unsweetened, lipited 200 0 1.0 cz 0 1170 Rabarru-pear Ohiter gound), leafy úprs, crokkel, foiled, drained, with salt 80 1.0 cup 22 1171 Bakarru-pear Ohiter gound), leafy úprs, crokkel, brilled, drained, with salt 1.20 1.0 cup (1/2° pieces) 4.0 1171 Bakarru-pear Ohiter gound), pods, cooked, brilled, drained, with salt 1.20 1.0 cup (1/2° pieces) 4.0 1172 Bakarry-pear Ohiter gound), pods, cooked, brilled, drained, with salt 1.20 1.0 cup (1/2° pieces) 4.0 11025 Balam-pear Ohiter gound), pods, cooked, brilled, drained, with salt 1.20 1.0 cup (1/2° pieces) 4.0 11028 Balmbos shoots, cooked, brilled, drained, with salt 1.30 1.0 cup (1/2° pieces) 4.0 11029 Bambos shoots, cooked, brilled, drained, with salt 1.0 1.0 cup (1/2° pieces) 6.0 11020 Bambos shoots, cooked, brilled, drained, with salt	19146	Baking chocolate, MARS SNACKFOOD US, M&M's Milk Chocolate Mini Baking Bits	14.0	1.0 serving 0.5 oz, about 1 tbsp	0.1
19077 Baking chocolate, unsweetened, liquid 28.35 1.0 cm 0.00 19078 Baking chocolate, unsweetened, squases 2.90 1.0 or square Bakern 0.0 1970 Bakam-pear Uniter gound), leafy spite, scoked, brided, drained, with sail 38.0 1.0 cm 3.2 1902 Bakam-pear Uniter gound, leafy spite, scoked, brided, drained, with sail 124.0 1.0 cm 1.0 cm 3.5 1912 Bakam-pear Uniter gound, post, scoked, brided, drained, with sail 124.0 1.0 cm	19139	Baking chocolate, MARS SNACKFOOD US, M& M's Semisweet Chocolate Mini Baking Bits	14.0	1.0 serving 0.5 oz, about 1 tbsp	0.0
19078 Biking choculate, unsweetened, squares 200 1.0 or square Bakers 0.0 11710 Balsam-pear (biter goard), kafy tips, cooked, boiled, drained, with salt 550 1.0 cm 32.2 11023 Balsam-pear (biter goard), kafy tips, cooked, boiled, drained, without salt 550 1.0 cm 3.3 11711 Balsam-pear (biter goard), peds, cooked, boiled, drained, with salt 1240 1.0 cmp(1/2° pieces) 4.00 11025 Balsam-pear (biter goard), pods, cooked, boiled, drained, with salt 1240 1.0 cmp(1/2° pieces) 4.00 11026 Balsam-pear (biter goard), pods, cooked, boiled, drained, without salt 1210 1.0 cmp(1/2° pieces) 7.8 11028 Balsam-pear (biter goard), pods, cooked, boiled, drained, without salt 1310 1.0 cmp(1/2° sieces) 7.8 11028 Balsam-pear (biter goard), pods, cooked, boiled, drained, without salt 1200 1.0 cmp(1/2° sieces) 7.8 11029 Balsam-pear (biter goard), pods, cooked, boiled, drained, without salt 1210 1.0 cmp(1/2° sieces) 7.8 11029 Balsam-pear (biter goard), pods, cooked, boiled, drained, without salt 1210 1.0 cmp(1/2° sieces) 7.0	19124	Baking chocolate, mexican, squares	20.0	1.0 tablet	0.0
11710 Blasm-pear (bitrer gourd), learly typs, cooked, boiled, drained, without salt 58.0 1.0 cup 32.2 11022 Balsam-pear (bitrer gourd), learly typs, cooked, brilled, drained, without salt 58.0 1.0 cup 32.2 11711 Balsam-pear (bitrer gourd), learly typs, cooked, brilled, drained, without salt 124.0 1.0 cup (1/2° pieces) 4.00 11025 Balsam-pear (bitrer gourd), pods, cooked, brilled, drained, without salt 124.0 1.0 cup (1/2° pieces) 7.00 11026 Barnboo shoots, carred, drained solds 131.0 1.0 cup (1/2° pieces) 7.00 11027 Barnboo shoots, cooked, brilled, drained, without salt 120.0 1.0 cup (1/2° slices) 0.00 11027 Barnboo shoots, cooked, brilled, drained, without salt 120.0 1.0 cup (1/2° slices) 0.00 11027 Barnboo shoots, cooked, brilled, drained, without salt 120.0 1.0 cup (1/2° slices) 0.00 11028 Barnboo shoots, cooked, brilled, drained, without salt 120.0 1.0 cup (1/2° slices) 0.00 11029 Barnboo shoots, cooked, brilled, drained, without salt 120.0 1.0 cup (1/2° slices) 0.00 <td< td=""><td>19077</td><td>Baking chocolate, unsweetened, liquid</td><td>28.35</td><td>1.0 oz</td><td>0.0</td></td<>	19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	0.0
1023 Balsan-pear (bitter gourd), leafy tips, row 580 1.0 cm 32 11022 Balsan-pear (bitter gourd), peds, cooked, boiled, drained, with sail 124 1.0 cm (1/2° pieces) 4.05 11025 Balsan-pear (bitter gourd), pods, cooked, boiled, drained, without sail 124 1.0 cm (1/2° pieces) 4.00 11024 Balsan-pear (bitter gourd), pods, cooked, boiled, drained, without sail 124 1.0 cm (1/2° pieces) 7.00 11024 Balsan-pear (bitter gourd), pods, cooked, boiled, drained, without sail 120 1.0 cm (1/2° pieces) 7.81 11028 Banboo shoots, conked, boiled, drained, without sail 120 1.0 cm (1/2° pieces) 7.00 11027 Banboo shoots, cooked, boiled, drained, without sail 120 1.0 cm (1/2° pieces) 6.00 11028 Banboo shoots, cooked, boiled, drained, without sail 120 1.0 cm (1/2° pieces) 6.00 11029 Banboo shoots, cooked, boiled, drained, without sail 120 1.0 cm (1/2° pieces) 6.00 11020 Banboo shoots, cooked, boiled, drained, without sail 120 1.0 cm (1/2° pieces) 6.00 11020 Banboo shoots, cooked,	19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	0.0
10122 Balsam-pear (bliter gourd), leafy tips, raw 40 1.0 leaf 3.5 11711 Balsam-pear (bliter gourd), pods, cooked, boiled, drained, with salt 1240 1.0 cup (1/2" pieces) 40.9 11025 Balsam-pear (bliter gourd), pods, cooked, boiled, drained, without salt 1240 1.0 cup (1/2" pieces) 40.9 11026 Balsam-pear (bliter gourd), pods, raw 69.0 1.0 cup (1/2" pieces) 48.0 11028 Bamboo shoots, canded, drained, with salt 120.0 1.0 cup (1/2" sieces) 0.0 11027 Bamboo shoots, cooked, boiled, drained, with salt 120.0 1.0 cup (1/2" sieces) 0.0 11027 Bamboo shoots, cooked, boiled, drained, with salt 120.0 1.0 cup (1/2" sieces) 0.0 11027 Bamboo shoots, cooked, boiled, drained, with salt 120.0 1.0 cup (1/2" sieces) 0.0 11027 Bamboo shoots, cooked, boiled, drained, with salt 120.0 1.0 cup (1/2" sieces) 0.0 11028 Bamboo shoots, cooked, boiled, drained, without salt 120.0 1.0 cup (1/2" sieces) 0.0 10010 Barbo, shoot, conned, sobel, charded 2.5 1.0	11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	32.2
1711 Balsam-pear (bitor gourd), pods, cooked, boiled, drained, without salt 1240 1.0 cup (1/2" pieces) 4.09 11025 Balsam-pear (bitor gourd), pods, cooked, boiled, drained, without salt 1240 1.0 cup (1/2" pieces) 4.09 11024 Bamboo shoots, coaned, drained solids 3131 1.0 cup (1/2" slices) 1.4 11027 Bamboo shoots, coaked, boiled, drained, without salt 1200 1.0 cup (1/2" slices) 0.0 11027 Bamboo shoots, cooked, boiled, drained, without salt 1200 1.0 cup (1/2" slices) 0.0 11027 Bamboo shoots, cooked, boiled, drained, without salt 1200 1.0 cup (1/2" slices) 0.0 11027 Bamboo shoots, cooked, boiled, drained, without salt 1200 1.0 cup (1/2" slices) 0.0 11026 Bamboo shoots, cooked, boiled, drained, without salt 1200 1.0 cup (1/2" slices) 0.0 10026 Bamboo shoots, cooked, boiled, drained, without salt 1200 1.0 cup (1/2" slices) 0.0 10026 Bananas, raw 120 1.0 cup (1/2" slices) 1.0 cup 2013 Barley, blour on Freed 1.0 cup 1.0 cup <td>11023</td> <td>Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt</td> <td>58.0</td> <td>1.0 cup</td> <td>32.2</td>	11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	32.2
11025 Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt 1240 1.0 cm (100 gr) (2° pieces) 4.8 m 11024 Balsam-pear (bitter gourd), pods, raw 930 1.0 cup (12° pieces) 7.8 m 11028 Barboo shoots, conded, drained solids 110 1.0 cup (12° pieces) 0.0 cup 11021 Barboo shoots, cooked, boiled, drained, without salt 120 1.0 cup (12° pieces) 0.0 cup 11026 Barboo shoots, cooked, boiled, drained, without salt 120 1.0 cup (12° pieces) 0.0 cup 11026 Barboo shoots, cooked, boiled, drained, without salt 120 1.0 cup (12° pieces) 0.0 cup 11026 Barboo shoots, cooked, boiled, drained, without salt 120 1.0 cup (12° pieces) 0.0 cup 11026 Barboo shoots, cooked, boiled, drained, without salt 120 1.0 cup (12° pieces) 0.0 cup 0904 Barboo shoots, cooked, boiled, drained, without salt 128.3 1.0 cup (12° pieces) 0.0 cup 2004 Barley, malt four 2.0 cup 1.0 cup 0.0 cup 0.0 cup 2004 Barley, malt four 2.0 cup 1.0 cup	11022	Balsam-pear (bitter gourd), leafy tips, raw	4.0	1.0 leaf	3.5
11024 Balsam-pear (bitter goard), pods, raw 930 1.0 cup (1/2" pieces) 78.3 11028 Barbhoo shoots, canned, drained solids 1.31.0 1.0 cup (1/2" slices) 1.4 1172 Bamboo shoots, cooked, boiled, drained, with salt 1200 1.0 cup (1/2" slices) 0.0 11026 Bamboo shoots, cooked, boiled, drained, without salt 1200 1.0 cup (1/2" slices) 0.0 11026 Bamboo shoots, raw 151.0 1.0 cup (1/2" slices) 0.0 09041 Bannas, calebydrated, or banana powder 1000 1.0 cup (1/2" slices) 0.0 09040 Bannas, raw 225.0 1.0 cup (1/2" slices) 0.0 09040 Bannas, raw 225.0 1.0 cup (1/2" slices) 0.0 09040 Barley, flaur or meal 1.0 cup (1/2" slices) 0.0 20131 Barley flour or meal 1.6 cup 1.0 cup 0.0 20040 Barley, hallfed 1.0 cup 0.0 20041 Barley, pearled, row 2.0 1.0 cup 0.0 20042 Barley, pearled, row 2.0	11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	40.9
11028 Bamboo shoots, canned, drained solids 131.0 1.0 cup (1/8" slices) 1.4 11712 Bamboo shoots, cooked, boiled, drained, with salt 120.0 1.0 cup (1/2" slices) 0.0 11027 Bamboo shoots, cooked, boiled, drained, without salt 120.0 1.0 cup (1/2" slices) 6.0 11026 Bamboo shoots, caw 151.0 1.0 cup (1/2" slices) 6.0 09041 Bannas, debydrated, or banna powder 100.0 1.0 cup (1/2" slices) 6.0 09040 Bannas, achydrated, or banna powder 100.0 1.0 cup mashed 19.6 07001 Barbecu Boaf, pork, beef 28.35 1.0 cup 0.0 07013 Barbey flour or meal 148.0 1.0 cup 0.0 0131 Barley mall flour 162.0 1.0 cup 0.0 02013 Barley, bulled 184.0 1.0 cup 0.0 02004 Barley, bulled 184.0 1.0 cup 0.0 02005 Barley, pearled, crooked 2.5 5.0 leaves 0.4 16302 Beans, adzuki, mature seed, camed.<	11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	40.9
11712 Bamboo shoots, cooked, boiled, drained, with salt 1200 1.0 cup (1/2" slices) 0.0 11027 Bamboo shoots, cooked, boiled, drained, without salt 1200 1.0 cup (1/2" slices) 0.0 11026 Bamboo shoots, raw 151.0 1.0 cup (1/2" slices) 6.0 09941 Bananas, dehydrated, or banana powder 1000 1.0 cup (1/2" slices) 6.0 09940 Bananas, raw 225.0 1.0 cup, mashed 19.6 07001 Barbey flour or meal 148.0 1.0 cup 0.0 2013 Barley flour or meal 148.0 1.0 cup 1.0 2013 Barley flour or meal 162.0 1.0 cup 0.0 2013 Barley, flour or meal 162.0 1.0 cup 0.0 2013 Barley, flour or meal 162.0 1.0 cup 1.0 2013 Barley, flour or meal 1.0 cup 1.0 0.0 2014 Barley, halled 2.0 1.0 cup 0.0 2005 Barley, pearled, cooked 1.5 1.0 cup 0.0	11024	Balsam-pear (bitter gourd), pods, raw	93.0	1.0 cup (1/2" pieces)	78.1
11027 Bamboo shoots, cooked, boiled, drained, without salt 120.0 1.0 cup (1/2" slices) 0.0 11026 Bamboo shoots, raw 151.0 1.0 cup (1/2" slices) 6.0 09041 Bananas, kedhydrated, or banana powder 100.0 1.0 cup 7.0 09040 Bananas, raw 225.0 1.0 cup made 1.0 cu 0.0 07001 Barbecue loaf, pork, beef 28.35 0.10 cu 0.0 2013 Barley flour or meal 148.0 1.0 cup 1.0 2013 Barley pant flour 162.0 1.0 cup 1.0 2004 Barley, builed 184.0 1.0 cup 0.0 2005 Barley, builed 187.0 1.0 cup 0.0 2006 Barley, pearled, cooked 157.0 1.0 cup 0.0 2005 Barley, pearled, taw 200.0 1.0 cup 0.0 1632 Beans, adzuki, mature seed, cooked, boiled, with salt 25.0 1.0 cup 0.0 16002 Beans, adzuki, mature seed, cooked, boiled, withou salt 29.0 1.	11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	1.4
11026 Bambos shoots, raw 1510 1.0 cup (1/2" slices) 6.0 09041 Bananas, dehydrated, or banana powder 1000 1.0 cup, mashed 19.6 09040 Bananas, raw 2250 1.0 cup, mashed 19.6 07001 Barbecu loaf, pork, beef 28.35 1.0 cup 0.0 20130 Barley flour or meal 148.0 1.0 cup 0.0 20131 Barley malf flour 162.0 1.0 cup 0.0 20044 Barley, pearled, cooked 157.0 1.0 cup 0.0 2005 Barley, pearled, raw 20.0 1.0 cup 0.0 2004 Basil, fresh 2.5 5.0 leave 0.0 2004 Basil, fresh 2.5 5.0 leave 0.0 2005 Barley, pearled, raw 2.0 1.0 cup 0.0 2004 Basil, fresh 2.5 5.0 leave 0.0 2005 Barley, pearled, raw 2.0 1.0 cup 0.0 2006 Barley, back, danael, saw 2.0	11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	0.0
09041 Bananas, dehydrated, or banana powder 1000 1.0 cup 7.0 09040 Bananas, raw 225.0 1.0 cup, mashed 19.6 07001 Barbecue loaf, pork, beef 28.35 1.0 cup 0.0 20130 Barbey flour or meal 148.0 1.0 cup 0.0 20131 Barley mair flour 162.0 1.0 cup 0.0 20044 Barley, mair flour 184.0 1.0 cup 0.0 20045 Barley, pearled, cooked 157.0 1.0 cup 0.0 2005 Barley, pearled, raw 2000 1.0 cup 0.0 20044 Basil, fresh 2.5 5.0 leaves 0.4 16302 Beans, adzuki, mature seed, cooked, boiled, with salt 230.0 1.0 cup 0.0 16003 Beans, adzuki, mature seeds, canned, sweetened 296.0 1.0 cup 0.0 16002 Beans, adzuki, mature seeds, cooked, boiled, without salt 230.0 1.0 cup 0.0 16003 Beans, adzuki, mature seeds, raw 1.0 cup 0.0 0.0	11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	0.0
09040 Bananas, raw 225.0 1.0 cup, mashed 19.6 07001 Barbecue loaf, pork, beef 28.35 1.0 oz 0.0 20130 Barley flour or meal 148.0 1.0 cup 0.0 20131 Barley malt flour 162.0 1.0 cup 1.0 20040 Barley, bulled 184.0 1.0 cup 0.0 20050 Barley, pearled, cooked 157.0 1.0 cup 0.0 20041 Basil, fresh 2.5 5.0 leaves 0.4 16302 Beans, adzuki, mature seed, cooked, boiled, with salt 230.0 1.0 cup 0.0 16003 Beans, adzuki, mature seeds, canned, sweetened 296.0 1.0 cup 0.0 16004 Beans, adzuki, mature seeds, cooked, boiled, without salt 230.0 1.0 cup 0.0 16002 Beans, adzuki, mature seeds, raw 197.0 1.0 cup 0.0 16003 Beans, baked, canned, no salt added 253.0 1.0 cup 0.0 16006 Beans, baked, canned, with peef 266.0 1.0 cup	11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	6.0
07001 Barbecue loaf, pork, beef 28.35 1.0 oz 0.0 20130 Barley flour or meal 148.0 1.0 cup 0.0 20131 Barley malt flour 162.0 1.0 cup 0.0 20004 Barley, bulled 184.0 1.0 cup 0.0 20005 Barley, pearled, cooked 157.0 1.0 cup 0.0 20044 Basil, fresh 2.5 5.0 leaves 0.4 16302 Beans, adzuki, mature seed, cooked, boiled, with salt 230.0 1.0 cup 0.0 16003 Beans, adzuki, mature seeds, conked, boiled, without salt 230.0 1.0 cup 0.0 16001 Beans, adzuki, mature seeds, cooked, boiled, without salt 230.0 1.0 cup 0.0 16002 Beans, adzuki, mature seeds, cooked, boiled, without salt 230.0 1.0 cup 0.0 16001 Beans, adzuki, mature seeds, cooked, boiled, without salt 250.0 1.0 cup 0.0 16002 Beans, adzuki, mature seeds, cooked, boiled, without salt 253.0 1.0 cup 0.0 4349 Beans, baked, canned, nosalt added 253.0 1.0 cup 0.0 <	09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	7.0
20130 Barley flour or meal 148.0 1.0 cup 0.0 20131 Barley malt flour 162.0 1.0 cup 1.0 20004 Barley, hulled 184.0 1.0 cup 0.0 20006 Barley, pearled, cooked 157.0 1.0 cup 0.0 20005 Barley, pearled, raw 200.0 1.0 cup 0.0 02044 Basil, fresh 2.5 5.0 leaves 0.4 16302 Beans, adzuki, mature seed, cooked, boiled, with salt 230.0 1.0 cup 0.0 16003 Beans, adzuki, mature seeds, coneed, sweetened 296.0 1.0 cup 0.0 16001 Beans, adzuki, mature seeds, cooked, boiled, without salt 230.0 1.0 cup 0.0 16002 Beans, adzuki, mature seeds, cooked, boiled, without salt 230.0 1.0 cup 0.0 16001 Beans, adzuki, mature seeds, cooked, boiled, without salt 230.0 1.0 cup 0.0 43449 Beans, baked, canned, no salt added 253.0 1.0 cup 7.8 16006 Beans, baked, canned, with beef 260.0 1.0 cup 4.8 16007 Bean	09040	Bananas, raw	225.0	1.0 cup, mashed	19.6
20131 Barley malt flour 162.0 1.0 cup 1.0 20044 Barley, hulled 184.0 1.0 cup 0.0 2006 Barley, pearled, cooked 157.0 1.0 cup 0.0 2005 Barley, pearled, raw 200.0 1.0 cup 0.0 02044 Basil, fresh 2.5 5.0 leaves 0.4 16302 Beans, adzuki, mature seed, cooked, boiled, with salt 230.0 1.0 cup 0.0 16003 Beans, adzuki, mature seeds, canned, sweetened 296.0 1.0 cup 0.0 16001 Beans, adzuki, mature seeds, rowked, boiled, without salt 230.0 1.0 cup 0.0 16001 Beans, adzuki, mature seeds, raw 197.0 1.0 cup 0.0 43449 Beans, baked, canned, no salt added 253.0 1.0 cup 7.8 16006 Beans, baked, canned, plain or vegetarian 254.0 1.0 cup 4.8 16007 Beans, baked, canned, with beef 266.0 1.0 cup 6.0 16008 Beans, baked, canned, with pork 259.0 1.0 cup 5.1 16009 Beans, baked, canned, with pork and	07001	Barbecue loaf, pork, beef	28.35	1.0 oz	0.0
2004 Barley, hulled 184.0 1.0 cup 0.0 2006 Barley, pearled, cooked 157.0 1.0 cup 0.0 2005 Barley, pearled, raw 200.0 1.0 cup 0.0 02044 Basil, fresh 2.5 5.0 leaves 0.4 16302 Beans, adzuki, mature seed, cooked, boiled, with salt 230.0 1.0 cup 0.0 16003 Beans, adzuki, mature seeds, canned, sweetened 296.0 1.0 cup 0.0 16002 Beans, adzuki, mature seeds, cooked, boiled, without salt 230.0 1.0 cup 0.0 16001 Beans, adzuki, mature seeds, raw 197.0 1.0 cup 0.0 43449 Beans, baked, canned, no salt added 253.0 1.0 cup 7.8 16006 Beans, baked, canned, plain or vegetarian 254.0 1.0 cup 0.0 16007 Beans, baked, canned, with beef 266.0 1.0 cup 4.8 16008 Beans, baked, canned, with franks 259.0 1.0 cup 5.1 16009 Beans, baked, canned, with pork 253.0 1.0 cup 5.1 16010 Beans, baked, canned,	20130	Barley flour or meal	148.0	1.0 cup	0.0
20006 Barley, pearled, cooked 157.0 1.0 cup 0.0 20005 Barley, pearled, raw 200.0 1.0 cup 0.0 02044 Basil, fresh 2.5 5.0 leaves 0.4 16302 Beans, adzuki, mature seed, cooked, boiled, with salt 230.0 1.0 cup 0.0 16003 Beans, adzuki, mature seeds, canned, sweetened 296.0 1.0 cup 0.0 16002 Beans, adzuki, mature seeds, cooked, boiled, without salt 230.0 1.0 cup 0.0 16001 Beans, adzuki, mature seeds, raw 197.0 1.0 cup 0.0 43449 Beans, baked, canned, no salt added 253.0 1.0 cup 7.8 16006 Beans, baked, canned, plain or vegetarian 254.0 1.0 cup 0.0 16007 Beans, baked, canned, with beef 266.0 1.0 cup 4.8 16008 Beans, baked, canned, with franks 259.0 1.0 cup 6.0 16009 Beans, baked, canned, with pork 253.0 1.0 cup 5.1 16010 Beans, baked, canned, with pork and sweet sauce 249.0 1.0 cup 0.0	20131	Barley malt flour	162.0	1.0 cup	1.0
20005 Barley, pearled, raw 200.0 1.0 cup 0.0 02044 Basil, fresh 2.5 5.0 leaves 0.4 16302 Beans, adzuki, mature seed, cooked, boiled, with salt 230.0 1.0 cup 0.0 16003 Beans, adzuki, mature seeds, canned, sweetened 296.0 1.0 cup 0.0 16002 Beans, adzuki, mature seeds, cooked, boiled, without salt 230.0 1.0 cup 0.0 16001 Beans, adzuki, mature seeds, raw 197.0 1.0 cup 0.0 43449 Beans, baked, canned, no salt added 253.0 1.0 cup 7.8 16006 Beans, baked, canned, plain or vegetarian 254.0 1.0 cup 0.0 16007 Beans, baked, canned, with beef 266.0 1.0 cup 4.8 16008 Beans, baked, canned, with franks 259.0 1.0 cup 6.0 16009 Beans, baked, canned, with pork 253.0 1.0 cup 5.1 16010 Beans, baked, canned, with pork and sweet sauce 249.0 1.0 cup 0.0	20004	Barley, hulled	184.0	1.0 cup	0.0
02044 Basil, fresh 2.5 5.0 leaves 0.4 16302 Beans, adzuki, mature seed, cooked, boiled, with salt 230.0 1.0 cup 0.0 16003 Beans, adzuki, mature seeds, canned, sweetened 296.0 1.0 cup 0.0 16002 Beans, adzuki, mature seeds, cooked, boiled, without salt 230.0 1.0 cup 0.0 16001 Beans, adzuki, mature seeds, raw 197.0 1.0 cup 0.0 43449 Beans, baked, canned, no salt added 253.0 1.0 cup 7.8 16006 Beans, baked, canned, plain or vegetarian 254.0 1.0 cup 0.0 16007 Beans, baked, canned, with beef 266.0 1.0 cup 4.8 16008 Beans, baked, canned, with franks 259.0 1.0 cup 6.0 16009 Beans, baked, canned, with pork 253.0 1.0 cup 5.1 16010 Beans, baked, canned, with pork and sweet sauce 249.0 1.0 cup 0.0	20006	Barley, pearled, cooked	157.0	1.0 cup	0.0
16302 Beans, adzuki, mature seed, cooked, boiled, with salt 230.0 1.0 cup 0.0 16003 Beans, adzuki, mature seeds, canned, sweetened 296.0 1.0 cup 0.0 16002 Beans, adzuki, mature seeds, cooked, boiled, without salt 230.0 1.0 cup 0.0 16001 Beans, adzuki, mature seeds, raw 197.0 1.0 cup 0.0 43449 Beans, baked, canned, no salt added 253.0 1.0 cup 7.8 16006 Beans, baked, canned, plain or vegetarian 254.0 1.0 cup 0.0 16007 Beans, baked, canned, with beef 266.0 1.0 cup 4.8 16008 Beans, baked, canned, with franks 259.0 1.0 cup 6.0 16009 Beans, baked, canned, with pork 253.0 1.0 cup 5.1 16010 Beans, baked, canned, with pork and sweet sauce 249.0 1.0 cup 0.0	20005	Barley, pearled, raw	200.0	1.0 cup	0.0
16003 Beans, adzuki, mature seeds, canned, sweetened 296.0 1.0 cup 0.0 16002 Beans, adzuki, mature seeds, cooked, boiled, without salt 230.0 1.0 cup 0.0 16001 Beans, adzuki, mature seeds, raw 197.0 1.0 cup 0.0 43449 Beans, baked, canned, no salt added 253.0 1.0 cup 7.8 16006 Beans, baked, canned, plain or vegetarian 254.0 1.0 cup 0.0 16007 Beans, baked, canned, with beef 266.0 1.0 cup 4.8 16008 Beans, baked, canned, with franks 259.0 1.0 cup 6.0 16009 Beans, baked, canned, with pork 253.0 1.0 cup 5.1 16010 Beans, baked, canned, with pork and sweet sauce 249.0 1.0 cup 0.0	02044	Basil, fresh	2.5	5.0 leaves	0.4
16002 Beans, adzuki, mature seeds, cooked, boiled, without salt 230.0 1.0 cup 0.0 16001 Beans, adzuki, mature seeds, raw 197.0 1.0 cup 0.0 43449 Beans, baked, canned, no salt added 253.0 1.0 cup 7.8 16006 Beans, baked, canned, plain or vegetarian 254.0 1.0 cup 0.0 16007 Beans, baked, canned, with beef 266.0 1.0 cup 4.8 16008 Beans, baked, canned, with franks 259.0 1.0 cup 6.0 16009 Beans, baked, canned, with pork 253.0 1.0 cup 5.1 16010 Beans, baked, canned, with pork and sweet sauce 249.0 1.0 cup 0.0	16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	0.0
16001 Beans, adzuki, mature seeds, raw 197.0 1.0 cup 0.0 43449 Beans, baked, canned, no salt added 253.0 1.0 cup 7.8 16006 Beans, baked, canned, plain or vegetarian 254.0 1.0 cup 0.0 16007 Beans, baked, canned, with beef 266.0 1.0 cup 4.8 16008 Beans, baked, canned, with franks 259.0 1.0 cup 6.0 16009 Beans, baked, canned, with pork 253.0 1.0 cup 5.1 16010 Beans, baked, canned, with pork and sweet sauce 249.0 1.0 cup 0.0	16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	0.0
43449 Beans, baked, canned, no salt added 253.0 1.0 cup 7.8 16006 Beans, baked, canned, plain or vegetarian 254.0 1.0 cup 0.0 16007 Beans, baked, canned, with beef 266.0 1.0 cup 4.8 16008 Beans, baked, canned, with franks 259.0 1.0 cup 6.0 16009 Beans, baked, canned, with pork 253.0 1.0 cup 5.1 16010 Beans, baked, canned, with pork and sweet sauce 249.0 1.0 cup 0.0	16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	0.0
16006 Beans, baked, canned, plain or vegetarian 254.0 1.0 cup 0.0 16007 Beans, baked, canned, with beef 266.0 1.0 cup 4.8 16008 Beans, baked, canned, with franks 259.0 1.0 cup 6.0 16009 Beans, baked, canned, with pork 253.0 1.0 cup 5.1 16010 Beans, baked, canned, with pork and sweet sauce 249.0 1.0 cup 0.0	16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	0.0
16007 Beans, baked, canned, with beef 266.0 1.0 cup 4.8 16008 Beans, baked, canned, with franks 259.0 1.0 cup 6.0 16009 Beans, baked, canned, with pork 253.0 1.0 cup 5.1 16010 Beans, baked, canned, with pork and sweet sauce 249.0 1.0 cup 0.0	43449	Beans, baked, canned, no salt added	253.0	1.0 cup	7.8
16008 Beans, baked, canned, with franks 259.0 1.0 cup 6.0 16009 Beans, baked, canned, with pork 253.0 1.0 cup 5.1 16010 Beans, baked, canned, with pork and sweet sauce 249.0 1.0 cup 0.0	16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	0.0
16009 Beans, baked, canned, with pork 253.0 1.0 cup 5.1 16010 Beans, baked, canned, with pork and sweet sauce 249.0 1.0 cup 0.0	16007	Beans, baked, canned, with beef	266.0	1.0 cup	4.8
Beans, baked, canned, with pork and sweet sauce 249.0 1.0 cup 0.0	16008	Beans, baked, canned, with franks	259.0	1.0 cup	6.0
	16009	Beans, baked, canned, with pork	253.0	1.0 cup	5.1
Beans, baked, canned, with pork and tomato sauce 246.0 1.0 cup	16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	0.0
	16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	7.4

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
16005	Beans, baked, home prepared	253.0	1.0 cup	2.8
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	6.5
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	0.0
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	0.0
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	0.0
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	6.5
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.0
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0.0
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	0.0
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	4.3
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	2.1
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.0
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.0
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	0.0
11973	Beans, fava, in pod, raw	126.0	1.0 cup	4.7
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	2.1
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	2.1
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	8.5
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	3.4
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	3.4
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	2.3
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	2.3
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	9.7
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	3.1
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	2.1
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	2.1
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	8.3
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	2.1
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	2.1
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	8.3
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	71.2
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	0.5
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	0.3
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	2.0
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	2.0

16333 Beans, kidney, red, mature seeds, cooked, boiled, with salt 177.0 1.0 o 16033 Beans, kidney, red, mature seeds, cooked, boiled, without salt 177.0 1.0 o 16032 Beans, kidney, red, mature seeds, raw 184.0 1.0 o 16336 Beans, kidney, royal red, mature seeds, cooked, boiled with salt 177.0 1.0 o 16036 Beans, kidney, royal red, mature seeds, cooked, boiled, without salt 177.0 1.0 o 16035 Beans, kidney, royal red, mature seeds, raw 184.0 1.0 o 43125 Beans, kidney, royal red, mature seeds, raw 184.0 1.0 o 43125 Beans, liquid from stewed kidney beans 240.0 1.0 o 11626 Beans, mung, mature seeds, sprouted, canned, drained solids 125.0 1.0 o 16039 Beans, navy, mature seeds, cooked, boiled, with salt 182.0 1.0 o 16038 Beans, navy, mature seeds, cooked, boiled, without salt 182.0 1.0 o 11046 Beans, navy, mature seeds, grouted, raw 104.0 1.0 o 11041 Beans, pink, mature seeds, cooked, boiled, without salt 169.0 1.0 o 16041 Beans, pink, mature seeds, rooked, boiled, wit	e ascorbic acid(mg) Per Measure
16032 Beans, kidney, red, mature seeds, raw 184.0 1.0 c 16336 Beans, kidney, royal red, mature seeds, cooked, boiled with salt 177.0 1.0 c 16036 Beans, kidney, royal red, mature seeds, cooked, boiled, without salt 177.0 1.0 c 16035 Beans, kidney, royal red, mature seeds, raw 184.0 1.0 c 43125 Beans, kidney, royal red, mature seeds, raw 184.0 1.0 c 43125 Beans, liquid from stewed kidney beans 240.0 1.0 c 11626 Beans, mung, mature seeds, sprouted, canned, drained solids 125.0 1.0 c 16039 Beans, navy, mature seeds, conked, boiled, with salt 182.0 1.0 c 16338 Beans, navy, mature seeds, cooked, boiled, without salt 182.0 1.0 c 16046 Beans, navy, mature seeds, cooked, boiled, with salt 182.0 1.0 c 16341 Beans, pink, mature seeds, cooked, boiled, with salt 169.0 1.0 c 16040 Beans, pink, mature seeds, cooked, boiled, without salt 169.0 1.0 c 16040 Beans, pink, mature seeds, cooked, boiled, without salt 169.0 1.0 c 16040 Beans, pink, mature seeds, cooked, boiled, with	p 2.1
16336 Beans, kidney, royal red, mature seeds, cooked, boiled with salt 177.0 1.0 c 16036 Beans, kidney, royal red, mature seeds, cooked, boiled, without salt 177.0 1.0 c 16035 Beans, kidney, royal red, mature seeds, raw 184.0 1.0 c 43125 Beans, liquid from stewed kidney beans 240.0 1.0 c 1626 Beans, mung, mature seeds, sprouted, canned, drained solids 125.0 1.0 c 16039 Beans, navy, mature seeds, canned 262.0 1.0 c 16338 Beans, navy, mature seeds, cooked, boiled, with salt 182.0 1.0 c 16038 Beans, navy, mature seeds, cooked, boiled, without salt 182.0 1.0 c 11046 Beans, navy, mature seeds, sprouted, raw 104.0 1.0 c 16341 Beans, pink, mature seeds, cooked, boiled, with salt 169.0 1.0 c 16040 Beans, pink, mature seeds, cooked, boiled, without salt 169.0 1.0 c 16040 Beans, pink, mature seeds, raw 210.0 1.0 can drained sol 16146 Beans, pink, canned, drained solids 277.0 1.0 can drained sol	p 2.1
16036 Beans, kidney, royal red, mature seeds, cooked, boiled, without salt 177.0 1.0 ca 16035 Beans, kidney, royal red, mature seeds, raw 184.0 1.0 ca 43125 Beans, liquid from stewed kidney beans 240.0 1.0 ca 11626 Beans, mung, mature seeds, sprouted, canned, drained solids 125.0 1.0 ca 16039 Beans, navy, mature seeds, canned 262.0 1.0 ca 16338 Beans, navy, mature seeds, cooked, boiled, with salt 182.0 1.0 ca 16038 Beans, navy, mature seeds, cooked, boiled, without salt 182.0 1.0 ca 11046 Beans, navy, mature seeds, sprouted, raw 104.0 1.0 ca 16341 Beans, pink, mature seeds, cooked, boiled, with salt 169.0 1.0 ca 16040 Beans, pink, mature seeds, raw 210.0 1.0 ca 16146 Beans, pinto, canned, drained solids 277.0 1.0 can drained sol	p 8.3
16035 Beans, kidney, royal red, mature seeds, raw 184.0 1.0 cm 43125 Beans, liquid from stewed kidney beans 240.0 1.0 cm 11626 Beans, mung, mature seeds, sprouted, canned, drained solids 125.0 1.0 cm 16039 Beans, navy, mature seeds, canned 262.0 1.0 cm 16338 Beans, navy, mature seeds, cooked, boiled, with salt 182.0 1.0 cm 16038 Beans, navy, mature seeds, cooked, boiled, without salt 182.0 1.0 cm 11046 Beans, navy, mature seeds, sprouted, raw 104.0 1.0 cm 16341 Beans, pink, mature seeds, cooked, boiled, with salt 169.0 1.0 cm 16040 Beans, pink, mature seeds, raw 210.0 1.0 cm 1646 Beans, pinto, canned, drained solids 277.0 1.0 cm drained sol	p 2.1
43125 Beans, liquid from stewed kidney beans 240.0 1.0 c 11626 Beans, mung, mature seeds, sprouted, canned, drained solids 125.0 1.0 c 16039 Beans, navy, mature seeds, canned 262.0 1.0 c 16338 Beans, navy, mature seeds, cooked, boiled, with salt 182.0 1.0 c 16038 Beans, navy, mature seeds, cooked, boiled, without salt 182.0 1.0 c 11046 Beans, navy, mature seeds, sprouted, raw 104.0 1.0 c 16341 Beans, pink, mature seeds, cooked, boiled, with salt 169.0 1.0 c 16040 Beans, pink, mature seeds, cooked, boiled, without salt 169.0 1.0 c 16040 Beans, pink, mature seeds, raw 210.0 1.0 c 16146 Beans, pinto, canned, drained solids 277.0 1.0 can drained sol	p 2.1
Beans, mung, mature seeds, sprouted, canned, drained solids 125.0 1.0 c 16039 Beans, navy, mature seeds, canned 262.0 1.0 c 16338 Beans, navy, mature seeds, cooked, boiled, with salt 182.0 1.0 c 16038 Beans, navy, mature seeds, cooked, boiled, without salt 182.0 1.0 c 16040 Beans, pink, mature seeds, cooked, boiled, without salt 16040 Beans, pink, mature seeds, cooked, boiled, without salt 16040 Beans, pink, mature seeds, raw 210.0 1.0 c	p 8.3
Beans, navy, mature seeds, canned 1.0 c 16338 Beans, navy, mature seeds, cooked, boiled, with salt 182.0 1.0 c 16038 Beans, navy, mature seeds, cooked, boiled, without salt 182.0 1.0 c 16040 Beans, pink, mature seeds, cooked, boiled, without salt 16040 Beans, pink, mature seeds, raw 104.0 105.0 106.0 10	p 0.0
Beans, navy, mature seeds, cooked, boiled, with salt Beans, navy, mature seeds, cooked, boiled, without salt 182.0 1008 Beans, navy, mature seeds, cooked, boiled, without salt 182.0 1009	p 0.4
Beans, navy, mature seeds, cooked, boiled, without salt 182.0 104.0 104.0 104.0 105.0 105.41 Beans, pink, mature seeds, cooked, boiled, with salt 16041 Beans, pink, mature seeds, cooked, boiled, without salt 16040 Beans, pink, mature seeds, cooked, boiled, without salt 16040 Beans, pink, mature seeds, raw 210.0 1.0 can drained sol	p 1.8
Beans, navy, mature seeds, sprouted, raw 104.0 10341 Beans, pink, mature seeds, cooked, boiled, with salt 169.0 16041 Beans, pink, mature seeds, cooked, boiled, without salt 169.0 100	p 1.6
Beans, pink, mature seeds, cooked, boiled, with salt 169.0 16041 Beans, pink, mature seeds, cooked, boiled, without salt 169.0 1.0 co 16040 Beans, pink, mature seeds, raw 210.0 16146 Beans, pinto, canned, drained solids 277.0 1.0 can drained sol	p 1.6
Beans, pink, mature seeds, cooked, boiled, without salt 169.0 16040 Beans, pink, mature seeds, raw 210.0 16146 Beans, pinto, canned, drained solids 277.0 1.0 can drained sol	p 19.6
Beans, pink, mature seeds, raw 210.0 1.0 can drained solids 277.0 1.0 can drained sol	p 0.0
Beans, pinto, canned, drained solids 277.0 1.0 can drained sol	p 0.0
	p 0.0
Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt 94.0 0.333 package (10 oz) yie	0.3
	0.7
Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt 94.0 0.333 package (10 oz) yie	0.7
Beans, pinto, immature seeds, frozen, unprepared 94.0 0.333 package (10 o	0.9
Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water 169.0	p 0.2
Beans, pinto, mature seeds, canned, solids and liquids 240.0	p 1.7
Beans, pinto, mature seeds, canned, solids and liquids, low sodium 240.0	p 1.7
Beans, pinto, mature seeds, cooked, boiled, with salt 171.0	p 1.4
Beans, pinto, mature seeds, cooked, boiled, without salt 171.0	p 1.4
Beans, pinto, mature seeds, raw 193.0	p 12.2
Beans, shellie, canned, solids and liquids 245.0	p 7.6
Beans, small white, mature seeds, cooked, boiled, with salt 179.0	p 0.0
Beans, small white, mature seeds, cooked, boiled, without salt 179.0	p 0.0
Beans, small white, mature seeds, raw 215.0	p 0.0
Beans, snap, canned, all styles, seasoned, solids and liquids 114.0 0.5 c	p 3.5
Beans, snap, green, canned, no salt added, drained solids 153.0	p 4.3
Beans, snap, green, canned, no salt added, solids and liquids 120.0 0.5 c	p 4.1
Beans, snap, green, canned, regular pack, drained solids 135.0	p 3.8
Beans, snap, green, canned, regular pack, solids and liquids 240.0	p 5.3
Beans, snap, green, cooked, boiled, drained, with salt 125.0	p 12.1

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	12.1
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	12.2
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	15.6
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	5.5
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	5.5
11063	Beans, snap, green, microwaved	116.0	1.0 cup 1/2" pieces	8.5
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	12.2
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	7.3
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	4.8
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	7.3
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	4.1
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	12.1
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	12.1
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	15.6
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	5.5
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	5.5
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	16.3
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	0.0
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.0
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.0
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	0.0
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	3.2
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	3.2
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	0.0
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.0
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	10.5
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	0.8
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	0.0
07954	Beef sausage, pre-cooked	48.0	1.0 serving	0.3
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	1.4
23296	Beef, Australian, imported, grass-fed, external fat, raw	28.35	1.0 oz	0.0
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	114.0	4.0 oz (4 oz)	0.0
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.0
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.0
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.0
23315	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.0
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.0
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	114.0	4.0 oz	0.0
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	114.0	4.0 oz	0.0
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.0
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.0
23318	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.0
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	0.0
23297	Beef, Australian, imported, grass-fed, seam fat, raw	28.35	1.0 oz	0.0
23298	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 4/5, raw	28.35	1.0 oz	0.0
23300	Beef, Australian, imported, Wagyu, external fat, Aust. marble score 9, raw	28.0	1.0 oz	0.0
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0.0
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.0
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0.0
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0.0
23319	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0.0
23311	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0.0
23312	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0.0
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.0
23321	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	0.0
23322	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
23313	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	0.0
23314	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	0.0
23299	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 4/5, raw	28.35	1.0 oz	0.0
23301	Beef, Australian, imported, Wagyu, seam fat, Aust. marble score 9, raw	28.0	1.0 oz	0.0
43384	Beef, bologna, reduced sodium	138.0	1.0 cup pieces	0.0
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	569.0	1.0 roast (yield from 690g raw meat)	0.0
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.0
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.0
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.0
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.0
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.0
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.0
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.0
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.0
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.0
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.0
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.0
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.0
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.0
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.0
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.0
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.0
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.0
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	0.0
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	0.0
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	0.0
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.0
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.0
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.0
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.0
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.0
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.0
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	0.0
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	0.0
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	0.0
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	0.0
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	0.0
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.0
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.0
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.0
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.0
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.0
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.0
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.0
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.0
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.0
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.0
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.0
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.0
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	235.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.0
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.0
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.0
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.0
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.0
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.0
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	0.0
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.0
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	0.0
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.0
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.0
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.0
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.0
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.0
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.0
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.0
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.0
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0.0
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.0
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	0.0
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.0
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.0
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.0
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.0
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.0
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	32.0	1.0 medallion	0.0
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	0.0
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	0.0
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	0.0
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	0.0
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0.0
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.0
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.0
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	179.0	1.0 steak	0.0
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.0
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0 " fat, all grades, raw	85.0	3.0 oz	0.0
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.0
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.0
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.0
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.0
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.0
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.0
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0 " fat, all grades, raw	85.0	3.0 oz	0.0
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0 " fat, select, raw	85.0	3.0 oz	0.0
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.0
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.0
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.0
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.0
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.0
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.0
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.0
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.0
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.0
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.0
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.0
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.0
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.0
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	0.0
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	0.0
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.0
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.0
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.0
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.0
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.0
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.0
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.0
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.0
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.0
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.0
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	0.0
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.0
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.0
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.0
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	2.1
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	0.0
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	16.3
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	0.0
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	7.7
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	0.0
13350	Beef, cured, dried	28.0	10.0 slices	0.0
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.0
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	0.2
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	0.0
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	0.0
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.0
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.0
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.0
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.0
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.0
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.0
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.0
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.0
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	0.0
13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	0.0
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.0
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	0.0
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	0.0
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	0.0
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	0.0
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.0
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	0.0
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.0
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	0.0
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.0
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	0.0
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.0
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	0.0
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.0
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	0.0
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	0.0
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.0
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	0.0
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.0
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	0.0
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	0.0
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.0
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	0.0
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.0
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	0.0
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	0.0
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	0.0
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.0
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.0
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	0.0
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	0.0
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.0
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	0.0
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.0
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	0.0
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	0.0
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	0.0
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.0
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	0.0
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	0.0
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0 " fat, all grades, cooked, roasted	85.0	1.0 serving	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.0
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.0
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.0
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.0
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.0
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.0
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.0
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.0
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.0
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.0
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.0
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.0
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.0
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.0
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.0
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.0
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.0
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.0
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.0
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.0
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.0
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.0
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	0.0
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	0.0
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	0.0
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.0
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.0
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	0.0
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.0
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	0.0
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	0.0
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	0.0
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	0.0
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	0.0
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	0.0
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	0.0
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	0.0
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	0.0
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.0
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	0.0
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.0
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	0.0
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	0.0
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.0
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	0.0
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	0.0
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	0.0
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	0.0
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	0.0
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	0.0
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	0.0
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	0.0
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	0.0
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	0.0
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	0.0
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	0.0
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	0.0
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	0.0
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	0.0
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	0.0
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	0.0
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	0.0
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	0.0
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	0.0
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	0.0
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.0
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	0.0
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	0.0
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	0.0
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.0
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	0.0
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.0
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	0.0
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	0.0
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	0.0
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.0
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.0
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.0
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.0
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.0
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	0.0
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	0.0
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	0.0
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	0.0
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	0.0
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	0.0
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	0.0
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	0.0
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	0.0
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	0.0
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.0
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.0
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.0
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.0
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0.0
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	0.0
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.0
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.0
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.0
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.0
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.0
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.0
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.0
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.0
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.0
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.0
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.0
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.0
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.0
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.0
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.0
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.0
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.0
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.0
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.0
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.0
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.0
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.0
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.0
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.0

Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw 85.0 3.0 oz Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised 85.0 3.0 oz	0.0 0.0 0.0 0.0
	0.0
	0.0
Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw 85.0 3.0 oz	
Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised 85.0	0.0
Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw 85.0 3.0 oz	0.0
Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised 85.0	0.0
Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw 85.0 3.0 oz	0.0
Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled 85.0	0.0
Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled 85.0	0.0
Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw 28.35	0.0
Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled 85.0 3.0 oz	0.0
Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw 28.35	0.0
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted 85.0 3.0 oz	0.0
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted 85.0	0.0
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled 85.0	0.0
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted 85.0	0.0
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw 28.35	0.0
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled 85.0	0.0
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 85.0 3.0 oz	0.0
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw 28.35	0.0
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled 85.0 3.0 oz	0.0
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted 85.0	0.0
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw 28.35	0.0
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled 85.0	0.0
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted 85.0 3.0 oz	0.0
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw 28.35	0.0
Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted 85.0 3.0 oz	0.0
Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted 85.0	0.0
Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted 85.0 3.0 oz	0.0
Beef, rib, shortribs, separable lean and fat, choice, cooked, braised 85.0	0.0
Beef, rib, shortribs, separable lean and fat, choice, raw 28.35	0.0
Beef, rib, shortribs, separable lean only, choice, cooked, braised 121.0 1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.0
Beef, rib, shortribs, separable lean only, choice, raw 28.35	0.0
Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled 85.0	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.0
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.0
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.0
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.0
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.0
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.0
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.0
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.0
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.0
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.0
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.0
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.0
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.0
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.0
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.0
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	0.0
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.0
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.0
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.0
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.0
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.0
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.0
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.0
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.0
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	0.0
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	0.0
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.0
23590	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.0
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.0
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.0
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.0
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	0.0
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.0
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.0
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.0
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.0
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.0
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.0
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.0
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.0
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.0
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.0
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.0
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.0
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.0
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.0
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.0
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.0
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.0
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.0
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	0.0
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.0
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.0
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.0
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.0
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.0
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.0
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	85.0	3.0 oz	0.0
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	0.0
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.0
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	0.0
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.0
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.0
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.0
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.0
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.0
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.0
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.0
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.0
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.0
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.0
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.0
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.0
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.0
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.0
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.0
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.0
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.0
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.0
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.0
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.0
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.0
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.0
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.0
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.0
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.0
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.0
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.0
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.0
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.0
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	0.0
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	0.0
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.0
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.0
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1serving)	0.0
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.0
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.0
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.0
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.0
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.0
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.0
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.0
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.0
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.0
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.0
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.0
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.0
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.0
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.0
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.0
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.0
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0.0
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.0
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.0
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.0
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.0
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.0
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.0
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.0
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	0.0
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.0
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.0
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.0
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	0.0
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.0
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.0
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.0
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.0
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.0
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.0
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	0.0
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.0
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.0
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.0
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.0
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.0
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.0
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.0
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.0
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.0
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.0
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.0
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	140.0	1.0 steak (yield from 181 g raw meat)	0.0
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.0
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.0
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	119.0	1.0 steak (yield from 1 raw steak weighing 151g)	0.0
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing 149g)	0.0
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.0
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.0
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.0
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.0
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.0
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.0
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0.0
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0.0
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.0
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0.0
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.0
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.0
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.0
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.0
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.0
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.0
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.0
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.0
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.0
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.0
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.0
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.0
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.0
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.0
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.0
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.0
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.0
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.0
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.0
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.0
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.0
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.0
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.0
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	2.8
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	8.9
13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	3.0
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	0.6
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	0.0
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	2.7
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	1.3
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	0.6
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	1.1
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	27.8
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	10.9
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	0.0
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	17.3
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	3.9
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	42.8
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	12.9
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0.0
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	25.7
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	9.6
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	1.1
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.9
23640	Beef, variety meats and by-products, tripe, cooked, simmered	85.0	1.0 serving	0.0
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	0.0
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	0.0
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	0.3
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	0.3
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	35.9
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	35.9
11086	Beet greens, raw	38.0	1.0 cup	11.4
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	6.4
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	6.9
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	6.9
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	3.1
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	3.1
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	5.9
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	5.2
11080	Beets, raw	136.0	1.0 cup	6.7
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	7.4	1.0 tbsp	5.7

Beverage, milkshake mix, dry, not chocolate 7.0 1.0 thosp 0.1	NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
Beserages, Raergy drink, Citus Severages, ARBOTT, FAS say protein prowder 44.0 1.0 scoop 0.0	43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	5.6	1.0 tbsp	7.7
10.00 10.0	43078	Beverage, milkshake mix, dry, not chocolate	7.0	1.0 tbsp	0.1
14033 Beverages, ABBOTT, EAS whey protein powder 390 20 scoop 0.3 14528 Beverages, ABBOTT, ENSURE PLIS, cacky-to-drink 252.0 1.0 cm 30.0 14062 Beverages, ABBOTT, ENSURE Nutritional Shake, Ready-to-Drink 254.0 8.0 ft oz 32.3 14056 Beverages, Alari herry drink, fruitfied 266.0 8.0 ft oz 112.0 14054 Beverages, almond milk, checolate, ready-to-drink 240.0 8.0 ft oz 10.6 14056 Beverages, almond milk, checolate, ready-to-drink 240.0 8.0 ft oz 0.0 14051 Beverages, almond milk, unwetened, shelf stable 262.0 10 cm 0.0 14059 Beverages, almond milk, unwetened, shelf stable 262.0 10 cm 0.0 14050 Beverages, almond milk, unwetened, shelf stable 262.0 8.0 ft oz 0.1 14050 Beverages, almond milk, unwetened, shelf stable 262.0 8.0 ft oz 0.0 14051 Beverages, almond milk, unwetened, shelf stable 262.0 8.0 ft oz 0.0 14050 Beverages, almond milk, unwetened, shelf stable 262.0 8.0 ft oz 0.0 14050 Beverages, almond milk, unwetened, shelf stable 262.0 8.0 ft oz 0.0 14050 Beverages, almond milk, unwetened, shelf stable 262.0 8.0 ft oz 0.0 14050 Beverages, almond milk, unwetened, shelf stable 255.0 1.0 ft oz 0.0 14050 Beverages, ABIZDRA, tea, ready-to-drink, lemon 30.6 1.0 ft oz 0.0 14050 Beverages, ABIZDRA, tea, ready-to-drink, lemon 30.6 1.0 ft oz 0.0 14050 Beverages, carbonated, club sola 258.0 1.0 serving child 12 ft oz, without cité in 0.0 14050 Beverages, carbonated, cola, finat-foc dota 258.0 1.0 serving child 12 ft oz, without cité in 0.0 14050 Beverages, carbonated, grape soda 3.0 1.0 ft oz 0.0 14050 Beverages, carbonated, grape soda 3.0 1.0 ft oz 0.0 14050 Beverages, carbonated, low calonic, cola or pepper-type, with aspartame, contains calfeine 29.6 1.0 ft oz 0.0 14050 Beverages, carbonated, low calonic, cola or pepper-type, with aspartame, contains calfeine 29.6 1.0 ft oz 0.0 14050 Beverages, car	14021	Beverages, Energy drink, Citrus	240.0	8.0 fl oz	60.0
43528 Beverages, ABBOTT, ENSURE PLUS, ready-to-drink 252.0 1.0 cup 30.0 14062 Beverages, ABBOTT, FNSURER, Nutritional Shake, Ready-to-Drink 254.0 8.0 ft. oz 122.3 14055 Beverages, Acal berry firit, fortified 26.0 8.0 ft. oz 10.0 14054 Beverages, almond milk, chocolate, ready-to-drink 240.0 8.0 ft. oz 0.0 14016 Beverages, almond milk, usweedened, valid flavor, ready-to-drink 240.0 8.0 ft. oz 0.0 14017 Beverages, allow vary juice drink, fortified with Vitamin C 240.0 8.0 ft. oz 9.1 14216 Beverages, AbbER, hard cider 355.0 12.0 ft. oz 8.2 14216 Beverages, Apple juice drink, flight, fortified with Vitamin C 240.0 8.0 ft. oz 57.6 14417 Beverages, Apple juice drink, light, fortified with Vitamin C 240.0 8.0 ft. oz 57.6 14417 Beverages, Apple juice drink, light, fortified with Vitamin C 240.0 8.0 ft. oz 0.0 14412 Beverages, Apple juice drink, light, fortified with Vitamin C 240.0 1.0 ft. oz 0.0	14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	0.0
14062 Bevernges, ADBOTT, ENSURE, Nutritional Shake, Ready-to-Drink 2540 8.0 fl oz 112.0 14054 Bevernges, Acai berry drink, fortified 2660 8.0 fl oz 112.0 14054 Bevernges, almond milk, chocolate, ready-to-drink 2400 8.0 fl oz 0.0 14066 Bevernges, almond milk, suewectened, vanilla flavor, ready-to-drink 2400 8.0 fl oz 0.0 14079 Bevernges, almond milk, suewectened, shelf stable 2620 1.0 seq 0.0 14070 Bevernges, almond milk, suewectened, shelf stable 2620 1.0 seq 0.0 14071 Bevernges, AMPER, bard cider 3550 12.0 fl oz 8.2 14072 Bevernges, AMPER, bard cider 3550 12.0 fl oz 8.2 14072 Bevernges, AMPER, bard cider 3550 12.0 fl oz 0.0 14073 Bevernges, AMPER, bard cider 356 10.0 fl oz 0.0 14074 Bevernges, AMPER, bard cider 356 10.0 fl oz 0.0 14074 Bevernges, AMPER, bard cider 350 10.0 serving child 12 fl oz 0.0 14074 Bevernges, carbonated, cida soda 306 1.0 fl oz 0.0 14074 Bevernges, carbonated, cida soda 306 1.0 serving child 12 fl oz 0.0 14074 Bevernges, carbonated, cida, fist-food cola 2580 1.0 serving child 12 fl oz 0.0 14074 Bevernges, carbonated, cida, fist-food cola 30.0 1.0 serving child 12 fl oz 0.0 14074 Bevernges, carbonated, ginger ale 30.5 1.0 fl oz 0.0 14074 Bevernges, carbonated, ginger ale 30.5 1.0 fl oz 0.0 14074 Bevernges, carbonated, ginger ale 30.5 1.0 fl oz 0.0 14074 Bevernges, carbonated, ginger ale 30.0 1.0 fl oz 0.0 14074 Bevernges, carbonated, cola no caférie 30.8 1.0 fl oz 0.0 14074 Bevernges, carbonated, low caloric, cola or pepper-type, with aspartame, contains caffeine 29.6 1.0 fl oz 0.0 14074 Bevernges, carbonated, low caloric, cola or pepper-type, with aspartame, contains caffeine 29.6 1.0 fl oz 0.0 14074 Bevernges, carbonated, low caloric, cola or pepper-type, with aspartame, contains caffeine 29.6 1.0 fl oz 0.0 14074 Bevernges, carbonated, low calori	14033	Beverages, ABBOTT, EAS whey protein powder	39.0	2.0 scoop	0.3
10.00 10.0	43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	30.0
Beverages, almond milk, sweetened, vamilta flavor, ready-to-drink 2400 8.0 ft oz 0.0	14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	32.3
14016 Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink 240.0 8.0 fl o.0 0.0	14056	Beverages, Acai berry drink, fortified	266.0	8.0 fl oz	112.0
1491 Beverages, almond milk, unsweetened, shelf stable 2620 1.0 cup 0.0 14216 Beverages, AlbER, hard cider 3550 12.0 ln oz 8.2 14250 Beverages, AMBER, hard cider 3550 12.0 ln oz 8.2 14261 Beverages, AMBER, hard cider 3550 12.0 ln oz 8.2 14262 Beverages, AMBER, hard cider 3550 12.0 ln oz 57.6 14275 Beverages, ARIZONA, tar, trady-to-drink, lemon 306 1.0 ln oz 0.0 14211 Beverages, carbonated, club soda 29.6 1.0 serving child 12 ln oz, without ice 0.0 14400 Beverages, carbonated, cola, regular 30.7 1.0 ln oz 0.0 14418 Beverages, carbonated, cola, regular 30.7 1.0 ln oz 0.0 14419 Beverages, carbonated, cola, regular 30.5 1.0 ln oz 0.0 14410 Beverages, carbonated, ginger ale 30.5 1.0 ln oz 0.0 14410 Beverages, carbonated, lemo-lime soda, no carférine 30.8 1.0 ln oz 0.0 14414 Beverages, carbonated, limende, light carférine 30.8 1.0 ln oz 0.0 14416 Beverages, carbonated, limende, light carférine 30.8 1.0 ln oz 0.0 14416 Beverages, carbonated, low caloric, cola or pepper-type, with aspartame, contains caffeine 29.6 1.0 ln oz 0.0 14416 Beverages, carbonated, low caloric, cola or pepper-type, with aspartame, without caffeine 29.6 1.0 ln oz 0.0 14416 Beverages, carbonated, low caloric, cola or pepper-type, with aspartame, contains caffeine 29.6 1.0 ln oz 0.0 14416 Beverages, carbonated, low caloric, cola or pepper-type, with aspartame, contains caffeine 29.6 1.0 ln oz 0.0 14416 Beverages, carbonated, low caloric, cola or pepper-type, with aspartame, contains caffeine 29.6 1.0 ln oz 0.0 14416 Beverages, carbonated, low caloric, cola or pepper-type, with aspartame, contains caffeine 29.6 1.0 ln oz 0.0 14416 Beverages, carbonated, low caloric, cola or pepper-type, with aspartame, contains caffeine 29.6 1.0 ln oz 0.0 14416 Beverages, carbonated, low caloric, cola or pepper-ty	14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	10.6
14216 Beverages, aloe vera juice drink, fortified with Vitamin C 2400 8.0 fl. oz 9.1 14250 Beverages, AMBER, hard cider 3550 12.0 fl. oz 8.2 14162 Beverages, ARIZONA, tea, ready-to-drink, lemon 30.6 10.1 fl. oz 0.0 144121 Beverages, Carbonated, club soda 29.6 1.0 serving child 12 fl. oz, without ice 0.0 14400 Beverages, carbonated, cola, fast-food cola 258.0 1.0 serving child 12 fl. oz, without ice 0.0 14418 Beverages, carbonated, cola, without caffeine 30.7 1.0 fl. oz 0.0 14418 Beverages, carbonated, cola, without caffeine 30.7 1.0 fl. oz 0.0 14418 Beverages, carbonated, cola, without caffeine 30.5 1.0 fl. oz 0.0 14414 Beverages, carbonated, lemo-lime soda, no caffeine 30.5 1.0 fl. oz 0.0 14414 Beverages, carbonated, lemo-lime soda, no caffeine 30.8 1.0 fl. oz 0.0 14416 Beverages, carbonated, low caloric, cola or pepper-type, with aspartame, contains caffeine 29.6 1.0 fl. oz 0.0 <tr< td=""><td>14016</td><td>Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink</td><td>240.0</td><td>8.0 fl oz</td><td>0.0</td></tr<>	14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	0.0
14250 Beverages, AMBER, hard cider 355.0 12.0 ft oz 8.2 14162 Beverages, Apple juice drink, light, fortified with vitamin C 240.0 8.0 ft oz 57.6 14475 Beverages, ARZONA, tea, ready-to-drink, lemon 30.6 1.0 ft oz 0.0 144121 Beverages, carbonated, club xola 29.6 1.0 serving child 12 ft oz, without cere control 0.0 14418 Beverages, carbonated, cola, regular 30.7 1.0 serving child 12 ft oz, without cere control 0.0 14147 Beverages, carbonated, cola, without caffeine 30.7 1.0 ft oz 0.0 14148 Beverages, carbonated, grap ac 30.5 1.0 ft oz 0.0 14149 Beverages, carbonated, grap ac 30.5 1.0 ft oz 0.0 14141 Beverages, carbonated, grap ac 30.8 1.0 ft oz 0.0 14141 Beverages, carbonated, limeach, high caffeine 30.8 1.0 ft oz 0.0 1414 Beverages, carbonated, low caloric, cola or pepper-type, with aspartame, contains caffeine 29.6 1.0 ft oz 0.0 1414 Beverages, carbon	14091	Beverages, almond milk, unsweetened, shelf stable	262.0	1.0 cup	0.0
14162 Beverages, Apple juice drink, light, fortified with vitamin C 240.0 8.0 fl oz 57.5 14475 Beverages, Carbonated, club soda 29.6 1.0 fl oz 0.0 144121 Beverages, Carbonated, clola, fist-food cola 258.0 1.0 serving child 12 fl oz, without ice 0.0 14440 Beverages, Carbonated, cola, fist-food cola 30.7 1.0 fl oz 0.0 14447 Beverages, Carbonated, cola, without caffeine 30.7 1.0 fl oz 0.0 14447 Beverages, Carbonated, ginger ale 30.5 1.0 fl oz 0.0 14442 Beverages, Carbonated, ginger ale 30.8 1.0 fl oz 0.0 14442 Beverages, Carbonated, lemon-lime soda, no caffeine 30.8 1.0 fl oz 0.0 14443 Beverages, Carbonated, lemon-lime soda, no caffeine 25.0 1.0 fl oz 0.0 14446 Beverages, Carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine 29.6 1.0 fl oz 0.0 14446 Beverages, carbonated, low calorie, cola or pepper-type, with sofium saccharin, contains caffeine 29.6 1.0 fl oz 0.0	14216	Beverages, aloe vera juice drink, fortified with Vitamin C	240.0	8.0 fl oz	9.1
Beverages, ARIZONA, tea, ready-to-drink, lemon 30.6 1.0 fl oz 0.0 14121 Beverages, carbonated, club soda 29.6 1.0 fl oz 0.0 14140 Beverages, carbonated, cola, fast-food cola 258.0 1.0 serving child 12 fl oz, without ice 0.0 14148 Beverages, carbonated, cola, regular 30.7 1.0 fl oz 0.0 14149 Beverages, carbonated, cola, without caffeine 30.7 1.0 fl oz 0.0 14140 Beverages, carbonated, ginger ale 30.5 1.0 fl oz 0.0 14141 Beverages, carbonated, ginger ale 30.5 1.0 fl oz 0.0 14142 Beverages, carbonated, lemon-lime soda, no caffeine 30.8 1.0 fl oz 0.0 14144 Beverages, carbonated, limeade, high caffeine 253.0 1.0 cup 0.0 14146 Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine 29.6 1.0 fl oz 0.0 14146 Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine 29.6 1.0 fl oz 0.0 14141 Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine 29.6 1.0 fl oz 0.0 14143 Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine 29.6 1.0 fl oz 0.0 14145 Beverages, carbonated, low calorie, other than cola or pepper, without caffeine 29.6 1.0 fl oz 0.0 14150 Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine 29.6 1.0 fl oz 0.0 14151 Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine 29.6 1.0 fl oz 0.0 14151 Beverages, carbonated, rotage 0.0 0.	14250	Beverages, AMBER, hard cider	355.0	12.0 fl oz	8.2
14121 Beverages, carbonated, club soda 29.6 1.0 fl oz 0.0 14400 Beverages, carbonated, cola, fast-food cola 258.0 1.0 serving child 12 fl oz, without ice 0.0 14148 Beverages, carbonated, cola, regular 30.7 1.0 fl oz 0.0 14147 Beverages, carbonated, cola, without caffeine 30.7 1.0 fl oz 0.0 14148 Beverages, carbonated, cola, without caffeine 30.7 1.0 fl oz 0.0 14140 Beverages, carbonated, ginger ale 30.5 1.0 fl oz 0.0 14141 Beverages, carbonated, ginger ale 30.8 1.0 fl oz 0.0 14142 Beverages, carbonated, lemon-lime soda, no caffeine 30.8 1.0 fl oz 0.0 14146 Beverages, carbonated, limeade, high caffeine 253.0 1.0 cup 0.0 14146 Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine 29.6 1.0 fl oz 0.0 14146 Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine 29.6 1.0 fl oz 0.0 14146 Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine 29.6 1.0 fl oz 0.0 14146 Beverages, carbonated, low calorie, other than cola or pepper, without caffeine 29.6 1.0 fl oz 0.0 14141 Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine 29.6 1.0 fl oz 0.0 14141 Beverages, carbonated, low calorie, other than cola or pepper, with sapartame, contains caffeine 29.6 1.0 fl oz 0.0 14151 Beverages, carbonated, low calorie, other than cola or pepper, with sapartame, contains caffeine 29.6 1.0 fl oz 0.0 14152 Beverages, carbonated, contains caffeine and sweeteners 30.7 1.0 fl oz 0.0 14153 Beverages, carbonated, capted sugar, cola, contains caffeine and sweeteners 29.6 1.0 fl oz 0.0 14154 Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners 30.8 1.0 fl oz 0.0 14155 Beverages, carbonated, tonic water 30.8 1.0 fl oz 0.0 14155	14162	Beverages, Apple juice drink, light, fortified with vitamin C	240.0	8.0 fl oz	57.6
14400 Beverages, carbonated, cola, fast-food cola 258.0 1.0 serving child 12 fl oz, without ice 0.0 14148 Beverages, carbonated, cola, regular 30.7 1.0 fl oz 0.0 14147 Beverages, carbonated, ginger ale 30.5 1.0 fl oz 0.0 14148 Beverages, carbonated, ginger ale 30.5 1.0 fl oz 0.0 14140 Beverages, carbonated, grape soda 31.0 1.0 fl oz 0.0 14141 Beverages, carbonated, lemon-lime soda, no caffeine 30.8 1.0 fl oz 0.0 14141 Beverages, carbonated, lemon-lime, soda, no caffeine 253.0 1.0 fl oz 0.0 14146 Beverages, carbonated, low caloric, cola or pepper-type, with aspartame, contains caffeine 29.6 1.0 fl oz 0.0 14146 Beverages, carbonated, low caloric, cola or pepper-type, with aspartame, without caffeine 29.6 1.0 fl oz 0.0 14146 Beverages, carbonated, low caloric, cola or pepper-type, with aspartame, without caffeine 29.6 1.0 fl oz 0.0 14146 Beverages, carbonated, low caloric, cola or pepper-type, with sodium saccharin, contains caffeine 29.6 1.0 fl oz 0.0 14141 Beverages, carbonated, low caloric, other than cola or pepper, without caffeine 29.6 1.0 fl oz 0.0 14141 Beverages, carbonated, low caloric, other than cola or pepper, with aspartame, contains caffeine 29.6 1.0 fl oz 0.0 14151 Beverages, carbonated, low caloric, other than cola or pepper, with aspartame, contains caffeine 29.6 1.0 fl oz 0.0 14152 Beverages, carbonated, powerages, carbonated, promper, with aspartame, contains caffeine 29.6 1.0 fl oz 0.0 14153 Beverages, carbonated, promper, with aspartame, contains caffeine 29.6 1.0 fl oz 0.0 14154 Beverages, carbonated, promper, with aspartame, contains caffeine 29.6 1.0 fl oz 0.0 14155 Beverages, carbonated, promper, with aspartame, contains caffeine 30.8 1.0 fl oz 0.0 14154 Beverages, carbonated, promper, without caffeine 30.8 1.0 fl oz 0.0 14155 Beverages, carbonated, promper, wi	14475	Beverages, ARIZONA, tea, ready-to-drink, lemon	30.6	1.0 fl oz	0.0
14148 Beverages, carbonated, cola, regular 30.7 1.0 fl oz 0.0 14147 Beverages, carbonated, cola, without caffeine 30.7 1.0 fl oz 0.0 14136 Beverages, carbonated, ginger ale 30.5 1.0 fl oz 0.0 14142 Beverages, carbonated, grape soda 31.0 1.0 fl oz 0.0 14144 Beverages, carbonated, lemon-lime soda, no caffeine 30.8 1.0 fl oz 0.0 14145 Beverages, carbonated, limeade, high caffeine 253.0 1.0 cup 0.0 14416 Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine 29.6 1.0 fl oz 0.0 14146 Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine 29.6 1.0 fl oz 0.0 14146 Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine 29.6 1.0 fl oz 0.0 14143 Beverages, carbonated, low calorie, other than cola or pepper, without caffeine 29.6 1.0 fl oz 0.0 14145 Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine 29.6 1.0 fl oz 0.0	14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	0.0
14147 Beverages, carbonated, cola, without caffeine 30.7 1.0 fl oz 0.0 14136 Beverages, carbonated, ginger ale 30.5 1.0 fl oz 0.0 14142 Beverages, carbonated, grape soda 31.0 1.0 fl oz 0.0 14144 Beverages, carbonated, lemon-lime soda, no caffeine 30.8 1.0 fl oz 0.0 14145 Beverages, carbonated, limeade, high caffeine 253.0 1.0 cup 0.0 14416 Beverages, carbonated, low caloric, cola or pepper-type, with aspartame, contains caffeine 29.6 1.0 fl oz 0.0 14146 Beverages, carbonated, low caloric, cola or pepper-type, with aspartame, without caffeine 29.6 1.0 fl oz 0.0 14146 Beverages, carbonated, low caloric, other than cola or pepper, without caffeine 29.6 1.0 fl oz 0.0 14148 Beverages, carbonated, low caloric, other than cola or pepper, without caffeine 29.6 1.0 fl oz 0.0 141413 Beverages, carbonated, low caloric, other than cola or pepper, with aspartame, contains caffeine 29.6 1.0 fl oz 0.0 14151 Beverages, carbonated, low caloric, other than cola or pepper, with aspartame, contains caffeine 30.7 1.0 fl oz <	14400	Beverages, carbonated, cola, fast-food cola	258.0	1.0 serving child 12 fl oz, without ice	0.0
14136 Beverages, carbonated, ginger ale 30.5 1.0 fl oz 0.0 14142 Beverages, carbonated, grape soda 31.0 1.0 fl oz 0.0 14144 Beverages, carbonated, lemon-lime soda, no caffeine 30.8 1.0 fl oz 0.0 14145 Beverages, carbonated, limeade, high caffeine 253.0 1.0 cup 0.0 14146 Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine 29.6 1.0 fl oz 0.0 14146 Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine 29.6 1.0 fl oz 0.0 14146 Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine 29.6 1.0 fl oz 0.0 14143 Beverages, carbonated, low calorie, other than cola or pepper, without caffeine 29.6 1.0 fl oz 0.0 14144 Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine 29.6 1.0 fl oz 0.0 14151 Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine 29.6 1.0 fl oz 0.0 14152 Beverages, carbonated, orange 31.0 1.0 fl oz 0.0 14153 Beverages, carbonated, pepper-type, contains caffeine 30.7 1.0 fl oz 0.0 14154 Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners 29.6 1.0 fl oz 0.0 14155 Beverages, carbonated, root beer 30.8 1.0 fl oz 0.0 14156 Beverages, carbonated, root beer 30.8 1.0 fl oz 0.0 14157 Beverages, carbonated, root beer 30.8 1.0 fl oz 0.0 14158 Beverages, carbonated, tonic water 30.5 1.0 fl oz 0.0 14159 Beverages, carbonated, tonic water 30.5 1.0 fl oz 0.0 14159 Beverages, carbonated, tonic water 30.5 1.0 fl oz 0.0 14159 Beverages, carbonated, tonic water 30.5 1.0 fl oz 0.0 14150 Beverages, carbonated, tonic water 30.5 1.0 fl oz 0.0 14151 Beverages, carbonated, tonic water 30.5 1.0 fl oz 0.0 14151 Beverages, carbonated, tonic wate	14148	Beverages, carbonated, cola, regular	30.7	1.0 fl oz	0.0
14142 Beverages, carbonated, grape soda 31.0 1.0 fl oz 0.0 14144 Beverages, carbonated, lemon-lime soda, no caffeine 30.8 1.0 fl oz 0.0 14165 Beverages, carbonated, limeade, high caffeine 253.0 1.0 cup 0.0 14166 Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine 29.6 1.0 fl oz 0.0 14166 Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine 29.6 1.0 fl oz 0.0 14166 Beverages, carbonated, low calorie, cola or pepper-type, with sodium saccharin, contains caffeine 29.6 1.0 fl oz 0.0 14143 Beverages, carbonated, low calorie, other than cola or pepper, without caffeine 29.6 1.0 fl oz 0.0 14151 Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine 29.6 1.0 fl oz 0.0 14150 Beverages, carbonated, orange 31.0 1.0 fl oz 0.0 14151 Beverages, carbonated, pepper-type, contains caffeine 30.7 1.0 fl oz 0.0 14152 Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners 29.6 1.0 fl oz 0.0 14153 Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners 29.6 1.0 fl oz 0.0 14154 Beverages, carbonated, root beer 30.8 1.0 fl oz 0.0 14155 Beverages, carbonated, SPRITE, lemon-lime, without caffeine 30.8 1.0 fl oz 0.0 14155 Beverages, carbonated, tonic water 30.5 1.0 fl oz 0.0	14147	Beverages, carbonated, cola, without caffeine	30.7	1.0 fl oz	0.0
14144 Beverages, carbonated, lemon-lime soda, no caffeine 30.8 1.0 fl oz 0.0 14165 Beverages, carbonated, limeade, high caffeine 253.0 1.0 cup 0.0 14416 Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine 29.6 1.0 fl oz 0.0 14146 Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine 29.6 1.0 fl oz 0.0 14166 Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine 29.6 1.0 fl oz 0.0 14143 Beverages, carbonated, low calorie, other than cola or pepper, without caffeine 29.6 1.0 fl oz 0.0 14151 Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine 29.6 1.0 fl oz 0.0 14150 Beverages, carbonated, orange 31.0 1.0 fl oz 0.0 14153 Beverages, carbonated, pepper-type, contains caffeine 30.7 1.0 fl oz 0.0 14149 Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners 29.6 1.0 fl oz 0.0 14157 Beverages, carbonated, root beer 30.8 1.0 fl oz	14136	Beverages, carbonated, ginger ale	30.5	1.0 fl oz	0.0
Beverages, carbonated, limeade, high caffeine 253.0 1.0 cup 0.0 14416 Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine 29.6 1.0 fl oz 0.0 14416 Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine 29.6 1.0 fl oz 0.0 14416 Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine 29.6 1.0 fl oz 0.0 14413 Beverages, carbonated, low calorie, other than cola or pepper, without caffeine 29.6 1.0 fl oz 0.0 144151 Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine 29.6 1.0 fl oz 0.0 144150 Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine 29.6 1.0 fl oz 0.0 144151 Beverages, carbonated, pepper-type, contains caffeine 30.7 1.0 fl oz 0.0 144164 Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners 29.6 1.0 fl oz 0.0 144169 Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners 29.6 1.0 fl oz 0.0 144151 Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners 29.6 1.0 fl oz 0.0 144152 Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners 29.6 1.0 fl oz 0.0 144154 Beverages, carbonated, reduced sugar, cola, contains caffeine 30.8 1.0 fl oz 0.0 144155 Beverages, carbonated, tonic water 30.8 1.0 fl oz 0.0	14142	Beverages, carbonated, grape soda	31.0	1.0 fl oz	0.0
Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine 29.6 1.0 fl oz 0.0 14146 Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine 29.6 1.0 fl oz 0.0 14166 Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine 29.6 1.0 fl oz 0.0 14143 Beverages, carbonated, low calorie, other than cola or pepper, without caffeine 29.6 1.0 fl oz 0.0 14151 Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine 29.6 1.0 fl oz 0.0 14150 Beverages, carbonated, range 31.0 1.0 fl oz 0.0 14153 Beverages, carbonated, pepper-type, contains caffeine 30.7 1.0 fl oz 0.0 14149 Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners 29.6 1.0 fl oz 0.0 14157 Beverages, carbonated, root beer 30.8 1.0 fl oz 0.0 14145 Beverages, carbonated, SPRITE, lemon-lime, without caffeine 30.8 1.0 fl oz 0.0 14155 Beverages, carbonated, tonic water 30.8 1.0 fl oz 0.0	14144	Beverages, carbonated, lemon-lime soda, no caffeine	30.8	1.0 fl oz	0.0
Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine 29.6 Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine 29.6 1.0 fl oz 0.0 14143 Beverages, carbonated, low calorie, other than cola or pepper, without caffeine 29.6 1.0 fl oz 0.0 14151 Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine 29.6 1.0 fl oz 0.0 14150 Beverages, carbonated, orange 31.0 1.0 fl oz 0.0 14153 Beverages, carbonated, pepper-type, contains caffeine 30.7 1.0 fl oz 0.0 14149 Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners 29.6 1.0 fl oz 0.0 14157 Beverages, carbonated, root beer 30.8 1.0 fl oz 0.0 14145 Beverages, carbonated, SPRITE, lemon-lime, without caffeine 30.8 1.0 fl oz 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0	14165	Beverages, carbonated, limeade, high caffeine	253.0	1.0 cup	0.0
Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine 29.6 1.0 fl oz 0.0 14143 Beverages, carbonated, low calorie, other than cola or pepper, without caffeine 29.6 1.0 fl oz 0.0 14151 Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine 29.6 1.0 fl oz 0.0 14150 Beverages, carbonated, orange 31.0 1.0 fl oz 0.0 14153 Beverages, carbonated, pepper-type, contains caffeine 30.7 1.0 fl oz 0.0 14149 Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners 29.6 1.0 fl oz 0.0 14157 Beverages, carbonated, root beer 30.8 1.0 fl oz 0.0 14145 Beverages, carbonated, SPRITE, lemon-lime, without caffeine 30.8 1.0 fl oz 0.0 14155 Beverages, carbonated, tonic water 30.5 1.0 fl oz 0.0	14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	0.0
Beverages, carbonated, low calorie, other than cola or pepper, without caffeine 29.6 1.0 fl oz 0.0 14151 Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine 29.6 1.0 fl oz 0.0 14150 Beverages, carbonated, orange 31.0 1.0 fl oz 0.0 14153 Beverages, carbonated, pepper-type, contains caffeine 30.7 1.0 fl oz 0.0 14149 Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners 29.6 1.0 fl oz 0.0 14157 Beverages, carbonated, root beer 30.8 1.0 fl oz 0.0 14145 Beverages, carbonated, SPRITE, lemon-lime, without caffeine 30.8 1.0 fl oz 0.0 14155 Beverages, carbonated, tonic water 30.8 1.0 fl oz 0.0	14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	29.6	1.0 fl oz	0.0
Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine 29.6 Beverages, carbonated, orange 31.0 1.0 fl oz 0.0 14153 Beverages, carbonated, pepper-type, contains caffeine 30.7 1.0 fl oz 0.0 14149 Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners 29.6 1.0 fl oz 0.0 14157 Beverages, carbonated, root beer 30.8 1.0 fl oz 0.0 14145 Beverages, carbonated, SPRITE, lemon-lime, without caffeine 30.8 1.0 fl oz 0.0 14155 Beverages, carbonated, tonic water 30.8 1.0 fl oz 0.0	14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	29.6	1.0 fl oz	0.0
Beverages, carbonated, orange 31.0 1.0 fl oz 0.0 14153 Beverages, carbonated, pepper-type, contains caffeine 30.7 1.0 fl oz 0.0 14149 Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners 29.6 1.0 fl oz 0.0 14157 Beverages, carbonated, root beer 30.8 1.0 fl oz 0.0 14145 Beverages, carbonated, SPRITE, lemon-lime, without caffeine 30.8 1.0 fl oz 0.0 14155 Beverages, carbonated, tonic water 30.8 1.0 fl oz 0.0	14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	29.6	1.0 fl oz	0.0
Beverages, carbonated, pepper-type, contains caffeine 30.7 1.0 fl oz 0.0 14149 Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners 29.6 1.0 fl oz 0.0 14157 Beverages, carbonated, root beer 30.8 1.0 fl oz 0.0 14145 Beverages, carbonated, SPRITE, lemon-lime, without caffeine 30.8 1.0 fl oz 0.0 14155 Beverages, carbonated, tonic water 30.8 1.0 fl oz 0.0	14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	0.0
Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners 29.6 1.0 fl oz 0.0 14157 Beverages, carbonated, root beer 30.8 1.0 fl oz 0.0 14145 Beverages, carbonated, SPRITE, lemon-lime, without caffeine 30.8 1.0 fl oz 0.0 14155 Beverages, carbonated, tonic water 30.5 1.0 fl oz 0.0	14150	Beverages, carbonated, orange	31.0	1.0 fl oz	0.0
Beverages, carbonated, root beer 30.8 1.0 fl oz 0.0 14145 Beverages, carbonated, SPRITE, lemon-lime, without caffeine 30.8 1.0 fl oz 0.0 1415 Beverages, carbonated, tonic water 30.5 1.0 fl oz 0.0	14153	Beverages, carbonated, pepper-type, contains caffeine	30.7	1.0 fl oz	0.0
Beverages, carbonated, SPRITE, lemon-lime, without caffeine 30.8 1.0 fl oz 0.0 lemon	14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	0.0
Beverages, carbonated, tonic water 30.5 1.0 fl oz 0.0	14157	Beverages, carbonated, root beer	30.8	1.0 fl oz	0.0
Beverages, carbonated, tonic water 30.5 1.0 fl oz 0.0	14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	0.0
Beverages, Carob-flavor beverage mix, powder 12.0 12.0	14155		30.5	1.0 fl oz	0.0
	14168	Beverages, Carob-flavor beverage mix, powder	12.0	1.0 tbsp	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	0.0
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	240.0	1.0 cup	0.0
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	237.0	8.0 fl oz	60.0
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	98.0	1.0 cup dry mix	2.9
14083	Beverages, chocolate malt, powder, prepared with fat free milk	256.0	1.0 serving	8.4
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	6.0
14181	Beverages, chocolate syrup	39.0	1.0 serving 2 tbsp	0.1
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	0.0
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	6.0
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	6.1
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.3
43369	Beverages, Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	4.9
14262	Beverages, citrus fruit juice drink, frozen concentrate	35.2	1.0 fl oz	33.5
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	31.0	1.0 fl oz	8.4
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	1.5
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	0.0
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	1.5
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	15.0	1.0 envelope Swiss Miss (.53 oz)	0.0
14195	Beverages, Cocoa mix, NESTLE, Hot Cocoa Mix Rich Chocolate With Marshmallows	20.0	1.0 serving 1 envelope	0.0
14196	Beverages, Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	0.0
14192	Beverages, Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	0.1
14194	Beverages, Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	0.0
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	0.0
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	240.0	1.0 cup	0.0
14090	Beverages, Coconut water, ready-to-drink, unsweetened	245.0	1.0 cup	24.3
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	6.4	1.0 tsp dry	0.0
14236	Beverages, coffee substitute, cereal grain beverage, powder	3.0	1.0 tsp (1 serving)	0.0
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	1.7
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	0.0
14180	Beverages, coffee, brewed, breakfast blend	248.0	1.0 cup	0.0
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	29.6	1.0 fl oz	0.1
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	29.6	1.0 fl oz	0.1
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.0
14223	Beverages, coffee, instant, chicory	29.9	1.0 fl oz	0.0
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.0
14219	Beverages, coffee, instant, decaffeinated, prepared with water	29.9	1.0 fl oz	0.0
14224	Beverages, coffee, instant, mocha, sweetened	13.0	1.0 serving 2 tbsp	0.1
14203	Beverages, coffee, instant, regular, half the caffeine	1.0	1.0 tsp	0.0
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	0.0
14215	Beverages, coffee, instant, regular, prepared with water	29.8	1.0 fl oz	0.0
14270	Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer	15.0	1.0 serving	0.0
14222	Beverages, coffee, instant, with chicory	1.8	1.0 tsp, rounded	0.0
43401	Beverages, coffee, instant, with whitener, reduced calorie	1.7	1.0 tsp dry	0.0
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	265.0	1.0 cup	0.0
14179	Beverages, coffee, ready to drink, milk based, sweetened	262.0	1.0 cup	0.0
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	281.0	9.5 fl oz	0.0
14284	Beverages, Cranberry juice cocktail	271.0	1.0 cup	90.8
14238	Beverages, cranberry-apple juice drink, bottled	30.6	1.0 fl oz	12.1
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	76.8
14240	Beverages, cranberry-apricot juice drink, bottled	30.6	1.0 fl oz	0.0
14241	Beverages, cranberry-grape juice drink, bottled	30.6	1.0 fl oz	9.8
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	114.3
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	1.2
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	1.2
14450	Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder	23.0	1.0 scoop powder	0.1
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	0.0
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	240.0	8.0 fl oz	60.0
14625	Beverages, Energy drink, AMP	240.0	1.0 serving	0.0
14628	Beverages, Energy drink, AMP, sugar free	240.0	8.0 fl oz	0.0
14626	Beverages, Energy drink, FULL THROTTLE	240.0	1.0 serving 8 fluid oz	0.0
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	240.0	1.0 serving	0.0
14154	Beverages, Energy drink, RED BULL	258.0	1.0 can 8.4 fl oz	0.0
14156	Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	250.0	1.0 serving 8.3 fl oz can	0.0
14629	Beverages, Energy drink, ROCKSTAR	31.0	1.0 fl oz	0.0
14630	Beverages, Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
14061	Beverages, Energy Drink, sugar free	240.0	8.0 fl oz	60.0
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	246.0	1.0 serving (8 fl oz)	0.0
14640	Beverages, Energy drink, VAULT, citrus flavor	31.0	1.0 oz	0.0
14646	Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	238.0	1.0 cup (8 fl oz)	59.5
14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	238.0	1.0 cup (8 fl oz)	0.0
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	240.0	8.0 fl oz	60.0
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	237.0	8.0 fl oz	60.2
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	238.0	1.0 cup (8 fl oz)	59.5
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	0.0
14268	Beverages, Fruit punch drink, frozen concentrate	34.8	1.0 fl oz	54.1
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	30.9	1.0 fl oz	13.5
14267	Beverages, Fruit punch drink, with added nutrients, canned	31.0	1.0 fl oz	9.2
14264	Beverages, fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz	0.8
14405	Beverages, fruit punch juice drink, frozen concentrate	35.2	1.0 fl oz	6.9
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	29.3	1.0 fl oz	1.4
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	32.7	1.0 fl oz	3.9
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	8.0	1.0 tsp	44.8
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.0	1.0 tsp	48.0
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	500.0	1.0 bottle	120.0
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Dr. KG, Gerolsteiner naturally sparkling mineral water,	240.0	8.0 fl oz	0.0
14277	Beverages, grape drink, canned	31.3	1.0 fl oz	9.8
14282	Beverages, grape juice drink, canned	31.3	1.0 fl oz	8.3
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	0.0
14076	Beverages, ICELANDIC, Glacial Natural spring water	100.0	1.0 serving	0.0
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	14.5	1.0 packet	0.0
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	296.0	1.0 serving	59.2
14161	Beverages, Kiwi Strawberry Juice Drink	473.0	16.0 fl oz	116.8
14231	Beverages, KRAFT, coffee, instant, French Vanilla Cafe	14.0	1.0 NLEA Serving	0.0
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	240.0	8.0 fl oz	60.0
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	1.0
14287	Beverages, Lemonade, powder	18.0	1.0 serving	7.2
14296	Beverages, lemonade-flavor drink, powder	18.0	1.0 serving	7.3
14297	Beverages, lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	0.9
14252	Beverages, Malt liquor beverage	1184.0	1.0 bottle	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
14317	Beverages, malted drink mix, chocolate, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	0.3
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.3
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	31.8
14311	Beverages, Malted drink mix, natural, powder, dairy based.	21.0	1.0 serving (3 heaping tsp or 1 envelope)	0.6
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.5
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	27.6
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	1.1
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	244.0	1.0 cup	0.5
14095	Beverages, MINUTE MAID, Lemonada, Limeade	240.0	8.0 fl oz	7.4
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	80.3
14022	Beverages, MONSTER energy drink, low carb	240.0	8.0 fl oz	0.0
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	54.7
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	7.5
14256	Beverages, OCEAN SPRAY, Cran Cherry	248.0	8.0 fl oz	60.5
14217	Beverages, OCEAN SPRAY, Cran Grape	240.0	8.0 fl oz	67.4
14234	Beverages, OCEAN SPRAY, Cran Lemonade	247.0	8.0 fl oz	80.5
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	248.0	8.0 fl oz	67.2
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	248.0	8.0 fl oz	67.5
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	250.0	1.0 can	62.5
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	249.0	8.0 fl oz	73.7
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	237.0	8.0 fl oz	77.7
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	237.0	8.0 fl oz	92.7
14257	Beverages, OCEAN SPRAY, Light Cranberry	248.0	8.0 fl oz	2.0
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	242.0	8.0 fl oz	79.6
14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	248.0	8.0 fl oz	84.6
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	227.0	8.0 fl oz	61.5
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	247.0	8.0 fl oz	66.9
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	247.0	8.0 fl oz	65.9
14327	Beverages, orange and apricot juice drink, canned	31.2	1.0 fl oz	6.2
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	31.6	1.0 fl oz	7.6
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	68.9
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	17.2
14323	Beverages, orange drink, canned, with added vitamin C	31.0	1.0 fl oz	17.8
42270	Beverages, Orange juice drink	249.0	1.0 cup	37.4

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
14064	Beverages, Orange juice, light, No pulp	240.0	8.0 fl oz	72.0
14409	Beverages, Orange-flavor drink, breakfast type, low calorie, powder	2.5 1.0 p	ortion, amount of dry mix to make 8 fl oz prepared	60.0
14407	Beverages, orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	60.0
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	33.9	1.0 fl oz	10.0
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	31.0	1.0 fl oz	21.5
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	35.3	1.0 fl oz	85.8
14315	Beverages, OVALTINE, chocolate malt powder	78.0	1.0 cup	42.5
14309	Beverages, OVALTINE, Classic Malt powder	21.0	1.0 serving (4 tbsp or 1 envelope)	11.4
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	0.0
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	0.1
14334	Beverages, pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	14.4
14341	Beverages, pineapple and orange juice drink, canned	31.3	1.0 fl oz	7.0
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	237.0	8.0 fl oz	5.9
14167	Beverages, POWERADE, Zero, Mixed Berry	360.0	12.0 fl oz	0.0
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	29.6	1.0 fl oz	2.6
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	0.0
14066	Beverages, Protein powder whey based	32.0	0.33 cup	0.0
14639	Beverages, rice milk, unsweetened	240.0	8.0 fl oz (approximate weight, 1 serving)	0.0
14080	Beverages, rich chocolate, powder	11.0	2.0 tbsp	6.0
14428	Beverages, shake, fast food, strawberry	23.5	1.0 fl oz	0.2
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	295.0	1.0 bottle	57.2
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	2.4
14544	Beverages, tea, black, brewed, prepared with distilled water	29.6	1.0 fl oz	0.0
14355	Beverages, tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	0.0
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.0
14247	Beverages, tea, black, ready to drink	473.0	16.0 fl oz	0.0
14281	Beverages, tea, black, ready to drink, decaffeinated	240.0	1.0 cup	0.0
14280	Beverages, tea, black, ready to drink, decaffeinated, diet	240.0	1.0 cup	0.0
14211	Beverages, tea, black, ready-to-drink, lemon, diet	265.0	1.0 cup	0.0
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	271.0	1.0 cup	0.0
14279	Beverages, tea, black, ready-to-drink, peach, diet	268.0	1.0 cup	13.9
14260	Beverages, tea, green, brewed, decaffeinated	240.0	240.0 ml	0.0
14278	Beverages, tea, green, brewed, regular	245.0	1.0 cup	0.7
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	4.5	2.0 tbsp	60.4
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	260.0	1.0 cup	20.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
14261	Beverages, tea, green, ready to drink, unsweetened	473.0	16.0 fl oz	0.0
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	265.0	1.0 cup	104.1
14190	Beverages, tea, green, ready-to-drink, diet	269.0	1.0 cup	25.6
14206	Beverages, tea, green, ready-to-drink, sweetened	270.0	1.0 cup	0.0
14545	Beverages, tea, herb, brewed, chamomile	29.6	1.0 fl oz	0.0
14381	Beverages, tea, herb, other than chamomile, brewed	29.6	1.0 fl oz	0.0
14649	Beverages, tea, hibiscus, brewed	237.0	8.0 fl oz	0.0
14356	Beverages, tea, instant, decaffeinated, lemon, diet	1.6	2.0 tsp	0.0
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	23.0	1.0 serving (3 heaping tsp)	0.0
14353	Beverages, tea, instant, decaffeinated, unsweetened	0.7	1.0 serving 2 tsp	0.0
14376	Beverages, tea, instant, lemon, diet	29.8	1.0 fl oz	0.0
14370	Beverages, tea, instant, lemon, sweetened, powder	23.0	1.0 serving (3 heaping tsp)	0.0
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	259.0	1.0 cup (8 fl oz)	0.0
14368	Beverages, tea, instant, lemon, unsweetened	1.4	1.0 tsp, rounded	0.0
14548	Beverages, tea, instant, lemon, with added ascorbic acid	23.0	1.0 serving (3 heaping tsp)	23.0
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	1.6	2.0 tsp	0.0
14366	Beverages, tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	0.0
14367	Beverages, tea, instant, unsweetened, prepared with water	29.7	1.0 fl oz	0.0
14207	Beverages, tea, ready-to-drink, lemon, diet	266.0	1.0 cup	0.0
14093	Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified	591.0	20.0 fl oz	60.3
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	60.0
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	240.0	8.0 fl oz	7.4
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	480.0	16.0 fl oz	0.0
14026	Beverages, THE COCA-COLA COMPANY, NOS Zero, energy drink, sugar-free with guarana, fortified with vitamins B6 and B12	480.0	16.0 fl oz	0.0
14276	Beverages, Tropical Punch, ready-to-drink	210.0	1.0 NLEA Serving	0.0
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	26.0	1.0 scoop	27.0
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	26.0	1.0 scoop	0.3
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	57.2
14611	Beverages, V8 SPLASH Juice Drinks, Berry Blend	243.0	1.0 serving 8 oz	60.0
14607	Beverages, V8 SPLASH Juice Drinks, Diet Berry Blend	243.0	8.0 fl oz	60.0
14608	Beverages, V8 SPLASH Juice Drinks, Diet Fruit Medley	238.0	1.0 serving 8 oz	60.0
14609	Beverages, V8 SPLASH Juice Drinks, Diet Strawberry Kiwi	238.0	1.0 serving	60.0
14610	Beverages, V8 SPLASH Juice Drinks, Diet Tropical Blend	238.0	1.0 serving 8 oz	60.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
14612	Beverages, V8 SPLASH Juice Drinks, Fruit Medley	243.0	1.0 serving 8 oz	60.0
14613	Beverages, V8 SPLASH Juice Drinks, Guava Passion Fruit	243.0	1.0 serving 8 oz	60.0
14614	Beverages, V8 SPLASH Juice Drinks, Mango Peach	243.0	1.0 serving 8 oz	60.0
14615	Beverages, V8 SPLASH Juice Drinks, Orange Pineapple	243.0	1.0 serving 8 oz	60.0
14616	Beverages, V8 SPLASH Juice Drinks, Orchard Blend	243.0	1.0 serving 8 oz	60.0
14617	Beverages, V8 SPLASH Juice Drinks, Strawberry Banana	243.0	1.0 serving 8 oz	60.0
14618	Beverages, V8 SPLASH Juice Drinks, Strawberry Kiwi	243.0	1.0 serving 8 oz	60.0
14619	Beverages, V8 SPLASH Juice Drinks, Tropical Blend	243.0	1.0 serving 8 oz	60.0
14086	Beverages, V8 SPLASH Smoothies, Peach Mango	245.0	1.0 serving 8 oz	60.0
14087	Beverages, V8 SPLASH Smoothies, Strawberry Banana	245.0	1.0 serving 8 oz	60.0
14088	Beverages, V8 SPLASH Smoothies, Tropical Colada	246.0	1.0 serving 8 oz	60.0
14623	Beverages, V8 V- FUSION Juices, Acai Berry	246.0	1.0 serving 8 oz	100.1
14620	Beverages, V8 V-FUSION Juices, Peach Mango	246.0	1.0 serving 8 oz	60.0
14621	Beverages, V8 V-FUSION Juices, Strawberry Banana	246.0	1.0 serving 8 oz	60.0
14622	Beverages, V8 V-FUSION Juices, Tropical	246.0	1.0 serving 8 oz	60.0
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	246.0	1.0 serving 8 oz	70.1
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	238.0	1.0 serving	59.7
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	237.0	8.0 fl oz (1 NLEA serving)	30.1
14384	Beverages, water, bottled, PERRIER	29.6	1.0 fl oz	0.0
14385	Beverages, water, bottled, POLAND SPRING	29.6	1.0 fl oz	0.0
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	240.0	8.0 fl oz	60.0
14411	Beverages, water, tap, drinking	29.6	1.0 fl oz	0.0
14429	Beverages, water, tap, municipal	29.6	1.0 fl oz	0.0
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	30.0
14028	Beverages, Whiskey sour mix, bottled	32.3	1.0 fl oz	0.9
14024	Beverages, Whiskey sour mix, powder	17.0	1.0 packet	0.5
14553	Beverages, Wine, non-alcoholic	29.0	1.0 fl oz	0.0
14079	Beverages, yellow green colored citrus soft drink with caffeine	473.0	16.0 fl oz	0.0
14073	Beverages, ZEVIA, cola	355.0	1.0 can	0.0
14074	Beverages, ZEVIA, cola, caffeine free	355.0	1.0 can	0.0
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	0.0
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	0.4
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	0.1
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	0.0
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	0.1
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	51.0	1.0 biscuit	0.0
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	0.1
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	0.0
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	0.0
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.0
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	7.2
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	4.7
09042	Blackberries, raw	144.0	1.0 cup	30.2
35015	Blackberries, wild, raw (Alaska Native)	157.0	1.0 cup	7.4
09043	Blackberry juice, canned	250.0	1.0 cup	28.2
07005	Blood sausage	100.0	4.0 slices	0.0
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	2.8
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	1.2
09163	Blueberries, dried, sweetened	40.0	0.25 cup	9.5
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	2.3
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	3.9
09050	Blueberries, raw	148.0	1.0 cup	14.4
09353	Blueberries, wild, canned, heavy syrup, drained	319.0	1.0 cup	1.0
09053	Blueberries, wild, frozen	140.0	1.0 cup, frozen	2.4
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	2.9
07007	Bologna, beef	30.0	1.0 slice	4.6
07008	Bologna, beef and pork	100.0	3.527 oz	0.8
42129	Bologna, beef and pork, low fat	138.0	1.0 cup pieces	0.0
42161	Bologna, beef, low fat	28.0	1.0 slice	0.3
07960	Bologna, chicken, pork	28.0	1.0 serving	3.7
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	4.4
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	5.5
07971	Bologna, meat and poultry	33.0	1.0 slice	0.0
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	0.0
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	0.0
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	3.1
07011	Bologna, turkey	28.0	0.99 oz 1 serving	3.7
11613	Borage, raw	89.0	1.0 cup (1" pieces)	31.2
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	15.9

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	4.1
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	0.0
07923	Bratwurst, chicken, cooked	84.0	1.0 serving 2.96 oz	1.7
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	0.0
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	0.0
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	0.0
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0.0
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	0.0
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	0.8
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	0.0
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	0.0
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	0.0
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	1.0
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0.2
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	0.5
18021	Bread, boston brown, canned	28.35	1.0 oz	0.0
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	43.0	1.0 piece	0.0
18972	Bread, cheese	48.0	1.0 slice	0.0
28315	Bread, cinnamon	28.0	1.0 slice 1 serving	0.0
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	0.0
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0.1
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	0.0
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.1
18025	Bread, cracked-wheat	28.35	1.0 oz	0.0
18027	Bread, egg	28.35	1.0 oz	0.0
18028	Bread, egg, toasted	28.35	1.0 oz	0.0
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	0.0
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0.1
28318	Bread, french or vienna, whole wheat	48.0	1.0 slice 1 serving	0.0
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	35.0	1.0 slice	0.0
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	0.2
18033	Bread, italian	28.35	1.0 oz	0.0
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	0.0
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	0.0
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	106.0	1.0 piece	0.0

1808 Bread, carneal 28.35 1.0 cm 0.0 1809 Bread, carneal 28.35 1.0 cm 0.0 1809 Bread, carneal 28.35 1.0 cm 0.0 18955 Bread, paralla, while sweat, commercially prepared, frozen 79.0 1.0 slice (average weight of 1 slice) 0.08 18413 Bread, paralla, while, wheat, commercially prepared, frozen 79.0 1.0 pice 0.0 18413 Bread, paralla, while, while, whenched 60.0 1.0 pia, large (by 12° da) 0.0 18413 Bread, pia, while, while, unenriched 28.35 1.0 cg 0.0 18414 Bread, pia, while, while, unenriched 42.0 4.0 pia, large (by 12° da) 0.0 1842 Bread, protein, (includes gluten) 28.35 1.0 cg 1.0 cg 0.0 1843 Bread, protein, (includes gluten) 28.35 1.0 cg 0.0 0.0 1844 Bread, protein, (includes gluten) 28.35 1.0 cg 0.0 0.0 1845 Bread, protein, (includes gluten) 28.35 1.0 cg <	NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
1809 Bread, catmenal 28.35 1.0 oz 0.0 1804 Bread, catmenal, toasted 28.35 1.0 oz 0.1 1805 Bread, pan dudies, weety sear bread 63.0 1.0 slice (weetge weighted) 1.0 cp. 0 0.0 28226 Bread, pinu, white, enriched 79.0 1.0 pinu, pin	18037	Bread, oat bran	28.35	1.0 oz	0.0
1840 Bread, pan duct, owerly east bread 28.35 1.0 sile (average weight of 1 sile) 0.83 1825.68 Bread, panduck, webt (average weight of 1 sile) 0.83 1.0 sile (average weight of 1 sile) 0.00 1841.61 Bread, prains, white, enriched 60 1.0 pia, large (6-12° dia) 0.00 1841.31 Bread, pia, white, enriched 60 1.0 pia, large (6-12° dia) 0.00 1841.32 Bread, pia, white, unenriched 610 1.0 pia, large (6-12° dia) 0.00 1847.41 Bread, pia, white, unenriched 62.35 1.0 or 0.00 1847.42 Bread, pia, white, unenriched 28.35 1.0 or 0.00 1847.42 Bread, protein (includes gluten) 28.35 1.0 or 0.00 1848.43 Bread, protein, includes gluten) 28.35 1.0 or 0.00 1844.44 Bread, protein, includes gluten) 28.35 1.0 or 0.00 1844.55 Bread, protein, includes gluten) 28.35 1.0 or 0.00 1844.64 Bread, protein, insin, ceriched 28.35 1.0 or 0.	18038	Bread, oat bran, toasted	28.35	1.0 oz	0.0
18955 Bread, pandulce, sweet yeast bread 630 1.0 slice (average weight of 1 slice) 0.8 28286 Broad, panda, panda, whole wheat, commercially preparal, frozen 700 1.0 pince 0.0 18413 Bread, pin, white, enriched 28.35 1.0 m 0.0 18413 Bread, pin, white, enriched 28.55 1.0 m 0.0 18414 Bread, pini, white, enriched 28.55 1.0 m 0.0 18415 Bread, pini, whole-wheat 6.0 1.0 pini, large (s-12° dia) 0.0 18416 Bread, protein (ficludes gluten) 28.0 1.0 m 0.0 18424 Bread, protein, (fincludes gluten), tousted 28.35 1.0 m 0.0 18445 Bread, protein, (fincludes gluten), tousted 28.35 1.0 m 0.0 18445 Bread, protein, (fincludes gluten), tousted 28.35 1.0 m 0.0 18445 Bread, protein, (fincludes gluten), tousted 28.35 1.0 m 0.0 18445 Bread, raise, enriched 28.35 1.0 m 0.0 18445	18039	Bread, oatmeal	28.35	1.0 oz	0.0
222.26 B Bread, paratha, whole wheat, commercially prepared, frozen 79.0 1.0 piece 0.0 18041 B Beed, pira, white, enriched 6.0 1.0 pira, large (6-12° dia) 0.0 18042 B Beed, pira, white, enriched 28.35 1.0 oz 0.0 18042 B Bread, pira, whole-wheat 640 1.0 pira, large (6-12° dia) 0.0 18971 B Bread, protein (includes gluten) 28.35 1.0 oz 0.0 18833 Berad, protein (includes gluten), loasted 28.35 1.0 oz 0.0 18844 B Bread, protein, (includes gluten), loasted 28.35 1.0 oz 0.0 18845 B Bread, pumpernickel, noasted 28.35 1.0 oz 0.0 18947 B Bread, raisin, enriched, toasted 28.35 1.0 oz 0.0 18048 B Bread, raisin, enriched 28.35 1.0 oz 0.0 18049 B Bread, raisin, enriched 28.35 1.0 oz 0.0 18049 B Bread, raisin, enriched, toasted 28.35 1.0 oz 0.0 18040 B Bread, raisin, enriched, to	18040	Bread, oatmeal, toasted	28.35	1.0 oz	0.1
18011 Bread, pita, white, enriched 60.0 1.0 pita, large (6-1/2" dia) 0.0 18413 Bread, pita, white, unerriched 63.5 1.0 oz 0.0 18424 Bread, pita, white, unerriched 64.0 1.0 pita, large (6-1/2" dia) 0.0 18971 Bread, potato 32.0 1.0 site 0.0 18913 Bread, potato (includes gluten) 28.35 1.0 oz 0.0 18944 Bread, protein, (includes gluten), toasted 28.35 1.0 oz 0.0 18045 Bread, protein, (includes gluten), toasted 28.35 1.0 oz 0.0 18047 Bread, protein, (includes gluten), toasted 28.35 1.0 oz 0.0 18048 Bread, protein, (includes gluten), toasted 28.35 1.0 oz 0.0 18047 Bread, protein, (includes gluten), toasted 28.35 1.0 oz 0.0 18048 Bread, reider, crisin, crisin, cincluded 28.35 1.0 oz 0.0 18048 Bread, reider, crisin, crisin, toasted 28.35 1.0 oz 0.0 18050 Br	18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	0.8
18413 Bread, pita, white, unerriched 28.35 1.0 oz 0.0 18042 Bread, pita, whole-wheat 64.0 1.0 pita, large (6-12" dia) 0.0 18042 Bread, potato 32.0 1.0 site 0.0 18043 Bread, potator (includes gluten) 28.35 1.0 oz 0.0 18383 Bread, protein (includes gluten), toasted 28.35 1.0 oz 0.0 18044 Bread, pumpernickel, toasted 28.35 1.0 oz 0.0 18047 Bread, pita, menirched 28.35 1.0 oz 0.0 18048 Bread, raisin, enriched, toasted 28.35 1.0 oz 0.0 18049 Bread, raisin, enriched, toasted 28.35 1.0 oz 0.0 18049 Bread, reluced-caloric, toasted 28.35 1.0 oz 0.0 18049 Bread, reluced-caloric, on tran 28.35 1.0 oz 0.0 18051 Bread, reduced-caloric, on trans 28.35 1.0 oz 0.0 18052 Bread, reduced-caloric, what 28.35 1.0 oz 0.	28286	Bread, paratha, whole wheat, commercially prepared, frozen	79.0	1.0 piece	0.0
1842 Bread, pita, whole-wheat 640 1.0 pita, large (6-12" dia) 0.0 18971 Bread, potato 3.20 1.0 silice 0.0 18823 Bread, protein (includes gluten), toasted 28.35 1.0 or 0.0 1844 Bread, pumpernickel, toasted 28.35 1.0 or 0.0 18045 Bread, pumpernickel, toasted 28.35 1.0 or 0.0 18047 Bread, rissin, enriched, toasted 28.35 1.0 or 0.0 18048 Bread, raisin, enriched, toasted 28.35 1.0 or 0.0 18049 Bread, raisin, enriched, toasted 28.35 1.0 or 0.0 18049 Bread, reduced-caloric, oat bran. toasted 28.35 1.0 or 0.0 18049 Bread, reduced-caloric, oat bran. toasted 28.35 1.0 or 0.0 18050 Bread, reduced-caloric, oat bran. 28.35 1.0 or 0.0 18051 Bread, reduced-caloric, what 28.35 1.0 or 0.0 18052 Bread, reduced-caloric, what 28.35 1.	18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	0.0
18971 Bread, potato 32.0 1.0 slice 0.0 18043 Bread, protein (includes gluten) 28.35 1.0 oz 0.0 18333 Bread, protein (includes gluten) toasted 28.35 1.0 oz 0.0 18044 Bead, pumpernickel 28.35 1.0 oz 0.0 18047 Bread, pumpernickel, toasted 28.35 1.0 oz 0.0 18048 Bread, raisin, enriched 28.35 1.0 oz 0.0 18048 Bread, raisin, enriched toasted 28.35 1.0 oz 0.0 18049 Bread, reduced-caloric, oar bran 28.35 1.0 oz 0.0 18040 Bread, reduced-caloric, oar bran toasted 28.35 1.0 oz 0.0 18051 Bread, reduced-caloric, oarbean toasted 28.35 1.0 oz 0.0 18052 Bread, reduced-caloric, oarbean 28.35 1.0 oz 0.0 18053 Bread, reduced-caloric, wheat 28.35 1.0 oz 0.0 18054 Bread, reduced-caloric, wheat 28.35 1.0 oz 0.0	18413	Bread, pita, white, unenriched	28.35	1.0 oz	0.0
18043 Bread, protein (includes gluten), toasted 28.35 1.0 oz 0.0 18383 Bread, protein; (includes gluten), toasted 28.55 1.0 oz 0.0 18044 Bread, pumpernickel, toasted 28.35 1.0 oz 0.0 18047 Bread, raisin, enriched 28.35 1.0 oz 0.0 18048 Bread, raisin, enriched, toasted 28.35 1.0 oz 0.0 18049 Bread, raisin, enriched, toasted 28.35 1.0 oz 0.0 18049 Bread, reduced-caloric, oat bran 28.35 1.0 oz 0.0 18050 Bread, reduced-caloric, oat bran, toasted 28.35 1.0 oz 0.0 18051 Bread, reduced-caloric, oat bran, toasted 28.35 1.0 oz 0.0 18051 Bread, reduced-caloric, wheat 28.35 1.0 oz 0.0 18052 Bread, reduced-caloric, white 28.35 1.0 oz 0.0 18053 Bread, rice bran, toasted 28.35 1.0 oz 0.0 18054 Bread, rice bran, toasted 9.0 1.0 </td <td>18042</td> <td>Bread, pita, whole-wheat</td> <td>64.0</td> <td>1.0 pita, large (6-1/2" dia)</td> <td>0.0</td>	18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	0.0
18838 Bread, protein, (includes gluten), toasted 28.35 1.0 oz 0.0 18044 Bread, pumpernickel 28.35 1.0 oz 0.0 18045 Bread, pumpernickel, toasted 28.35 1.0 oz 0.0 18047 Bread, raisin, enriched, toasted 28.35 1.0 oz 0.0 18048 Bread, raisin, enriched, toasted 28.35 1.0 oz 0.0 18049 Bread, reduced-caloric, oathran 28.35 1.0 oz 0.0 18049 Bread, reduced-caloric, oathran 28.35 1.0 oz 0.0 18050 Bread, reduced-caloric, oathran 28.35 1.0 oz 0.0 18051 Bread, reduced-caloric, oathran 28.35 1.0 oz 0.0 18051 Bread, reduced-caloric, oathran 28.35 1.0 oz 0.0 18052 Bread, reduced-caloric, what 28.35 1.0 oz 0.0 18053 Bread, reduced-caloric, what 28.35 1.0 oz 0.0 18057 Bread, reduced-caloric, what 28.35 1.0 oz 0.0 <td>18971</td> <td>Bread, potato</td> <td>32.0</td> <td>1.0 slice</td> <td>0.0</td>	18971	Bread, potato	32.0	1.0 slice	0.0
18044 Bread, pumpernickel 28.35 1.0 oz 0.0 18045 Bread, pumpernickel, toasted 28.35 1.0 oz 0.0 18047 Bread, raisin, enriched 28.35 1.0 oz 0.0 18048 Bread, raisin, enriched, toasted 28.35 1.0 oz 0.0 18049 Bread, reduced-caloric, out bran 28.35 1.0 oz 0.0 18050 Bread, reduced-caloric, out bran, toasted 28.35 1.0 oz 0.0 18051 Bread, reduced-caloric, out bran, toasted 28.35 1.0 oz 0.0 18051 Bread, reduced-caloric, outmeal 28.35 1.0 oz 0.1 18053 Bread, reduced-caloric, wheat 28.35 1.0 oz 0.1 18055 Bread, reduced-caloric, what 28.35 1.0 oz 0.0 18057 Bread, rice bran 28.35 1.0 oz 0.0 18058 Bread, rice bran, toasted 28.35 1.0 oz 0.0 18058 Bread, roll, Mexican, bollilo 28.35 1.0 oz 0.0 <t< td=""><td>18043</td><td>Bread, protein (includes gluten)</td><td>28.35</td><td>1.0 oz</td><td>0.0</td></t<>	18043	Bread, protein (includes gluten)	28.35	1.0 oz	0.0
18045 Bread, pumpernickel, toasted 28.35 1.0 oz 0.0 18047 Bread, raisin, enriched 28.35 1.0 oz 0.0 18048 Bread, raisin, enriched, toasted 28.35 1.0 oz 0.1 18048 Bread, reduced-caloric, oat bran 28.35 1.0 oz 0.0 18049 Bread, reduced-caloric, oat bran, toasted 28.35 1.0 oz 0.0 18051 Bread, reduced-caloric, oat bran, toasted 28.35 1.0 oz 0.0 18052 Bread, reduced-caloric, oatmeal 28.35 1.0 oz 0.1 18053 Bread, reduced-caloric, what 28.35 1.0 oz 0.1 18055 Bread, reduced-caloric, what 28.35 1.0 oz 0.1 18057 Bread, reduced-caloric, what 28.35 1.0 oz 0.1 18059 Bread, rice bran 28.35 1.0 oz 0.0 18059 Bread, rice bran 28.35 1.0 oz 0.0 18059 Bread, rice bran 28.35 1.0 oz 0.0 <th< td=""><td>18383</td><td>Bread, protein, (includes gluten), toasted</td><td>28.35</td><td>1.0 oz</td><td>0.0</td></th<>	18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	0.0
18047 Bread, raisin, enriched 28.35 1.0 oz 0.0 18048 Bread, raisin, enriched, toasted 28.35 1.0 oz 0.1 18414 Bread, reduced-calorie, oat bran 28.35 1.0 oz 0.0 18049 Bread, reduced-calorie, oat bran, toasted 28.35 1.0 oz 0.0 18050 Bread, reduced-calorie, oat bran, toasted 28.35 1.0 oz 0.1 18051 Bread, reduced-calorie, oat bran, toasted 28.35 1.0 oz 0.1 18053 Bread, reduced-calorie, what 28.35 1.0 oz 0.1 18055 Bread, reduced-calorie, what 28.35 1.0 oz 0.0 18057 Bread, reduced-calorie, what 28.35 1.0 oz 0.0 18059 Bread, rice bran 28.35 1.0 oz 0.0 18059 Bread, rice bran, toasted 28.35 1.0 oz 0.0 28288 Bread, roll, Mexican, bollilo 98.0 1.0 picc 0.2 18060 Bread, rye, toasted 28.35 1.0 oz 0.1 </td <td>18044</td> <td>Bread, pumpernickel</td> <td>28.35</td> <td>1.0 oz</td> <td>0.0</td>	18044	Bread, pumpernickel	28.35	1.0 oz	0.0
18048 Bread, raisin, enriched, toasted 28.35 1.0 oz 0.1 18444 Bread, raisin, unenriched 28.35 1.0 oz 0.0 18049 Bread, reduced-calorie, oat bran 28.35 1.0 oz 0.0 18050 Bread, reduced-calorie, oat bran, toasted 28.35 1.0 oz 0.1 18051 Bread, reduced-calorie, oatmeal 28.35 1.0 oz 0.1 18053 Bread, reduced-calorie, oatmeal 28.35 1.0 oz 0.1 18054 Bread, reduced-calorie, what 28.35 1.0 oz 0.0 18057 Bread, reduced-calorie, white 28.35 1.0 oz 0.0 18058 Bread, reduced-calorie, white 28.35 1.0 oz 0.0 18059 Bread, reduced-calorie, white 28.35 1.0 oz 0.0 18059 Bread, rice bran 28.35 1.0 oz 0.0 1834 Bread, rice bran, toasted 28.35 1.0 oz 0.0 2828 Bread, rice bran, toasted 28.35 1.0 oz 0.1 1806 Bread, rye, toasted 28.35 1.0 oz 0.1	18045	Bread, pumpernickel, toasted	28.35	1.0 oz	0.0
18414 Bread, raisin, unenriched 28.35 1.0 oz 0.0 18049 Bread, reduced-calorie, oat bran 28.35 1.0 oz 0.0 18050 Bread, reduced-calorie, oat bran, toasted 28.35 1.0 oz 0.1 18051 Bread, reduced-calorie, oatmeal 28.35 1.0 oz 0.1 18053 Bread, reduced-calorie, wheat 28.35 1.0 oz 0.0 18055 Bread, reduced-calorie, wheat 28.35 1.0 oz 0.0 18057 Bread, reduced-calorie, white 28.35 1.0 oz 0.0 18058 Bread, reduced-calorie, white 28.35 1.0 oz 0.0 18059 Bread, rice bran 28.35 1.0 oz 0.0 18840 Bread, rice bran, toasted 28.35 1.0 oz 0.0 28288 Bread, roll, Mexican, bollilo 98.0 1.0 piece 0.2 18060 Bread, rye, toasted 28.35 1.0 oz 0.1 18953 Bread, salvadoran sweet cheese (quesadilla salvadorena) 5.0 1.0 serving (approximate serving size) 0.0 18064 Bread, wheat bran 29.0 </td <td>18047</td> <td>Bread, raisin, enriched</td> <td>28.35</td> <td>1.0 oz</td> <td>0.0</td>	18047	Bread, raisin, enriched	28.35	1.0 oz	0.0
18049 Bread, reduced-calorie, oat bran 28.35 1.0 oz 0.0 18050 Bread, reduced-calorie, oat bran, toasted 28.35 1.0 oz 0.0 18051 Bread, reduced-calorie, oatmeal 28.35 1.0 oz 0.1 18053 Bread, reduced-calorie, rye 28.35 1.0 oz 0.0 18055 Bread, reduced-calorie, wheat 28.35 1.0 oz 0.0 18057 Bread, reduced-calorie, white 28.35 1.0 oz 0.0 18058 Bread, rice bran 28.35 1.0 oz 0.0 18059 Bread, rice bran 28.35 1.0 oz 0.0 18058 Bread, rice bran, toasted 28.35 1.0 oz 0.0 28288 Bread, roll, Mexican, bollilo 28.35 1.0 piece 0.2 28288 Bread, rye 28.35 1.0 oz 0.1 18060 Bread, sye, toasted 28.35 1.0 oz 0.1 18071 Bread, salvadoran sweet cheese (quesadilla salvadorena) 55.0 1.0 serving (approximate serving size) 0.0 18060 Bread, wheat 28.35 1.0 oz	18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	0.1
18050 Bread, reduced-caloric, oat bran, toasted 28.35 1.0 oz 0.0 18051 Bread, reduced-caloric, oatmeal 28.35 1.0 oz 0.1 18053 Bread, reduced-caloric, rye 28.35 1.0 oz 0.0 18055 Bread, reduced-caloric, wheat 28.35 1.0 oz 0.0 18057 Bread, reduced-caloric, white 28.35 1.0 oz 0.0 18058 Bread, reduced-caloric, white 28.35 1.0 oz 0.0 18059 Bread, reduced-caloric, white 28.35 1.0 oz 0.0 18059 Bread, rice bran 28.35 1.0 oz 0.0 18059 Bread, rice bran, toasted 28.35 1.0 oz 0.0 28288 Bread, roll, Mexican, bollilo 98.0 1.0 piece 0.2 28288 Bread, rye, toasted 28.35 1.0 oz 0.1 18061 Bread, sylvadoran sweet cheese (quesadilla salvadorena) 55.0 1.0 serving (approximate serving size) 0.0 18064 Bread, wheat 29.0 1.0 size	18414	Bread, raisin, unenriched	28.35	1.0 oz	0.0
18051 Bread, reduced-calorie, oatmeal 28.35 1.0 oz 0.1 18053 Bread, reduced-calorie, rye 28.35 1.0 oz 0.0 18055 Bread, reduced-calorie, what 28.35 1.0 oz 0.0 18057 Bread, reduced-calorie, white 28.35 1.0 oz 0.0 18059 Bread, rice bran 28.35 1.0 oz 0.0 18384 Bread, rice bran, toasted 28.35 1.0 oz 0.0 28288 Bread, roll, Mexican, bollilo 98.0 1.0 piece 0.2 18060 Bread, rye, toasted 28.35 1.0 oz 0.1 18051 Bread, rye, toasted 28.35 1.0 oz 0.1 18061 Bread, salvadoran sweet cheese (quesadilla salvadorena) 55.0 1.0 serving (approximate serving size) 0.0 18064 Bread, wheat 29.0 1.0 serving (approximate serving size) 0.0 18065 Bread, wheat bran 28.35 1.0 oz 0.1 18066 Bread, wheat germ, toasted 28.35 1.0 oz 0.1 28316 Bread, wheat, sprouted 38.0 1.0 s	18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	0.0
18053 Bread, reduced-calorie, rye 28.35 1.0 oz 0.1 18055 Bread, reduced-calorie, wheat 28.35 1.0 oz 0.0 18057 Bread, reduced-calorie, white 28.35 1.0 oz 0.1 18059 Bread, rice bran 28.35 1.0 oz 0.0 18384 Bread, rice bran, toasted 28.35 1.0 oz 0.0 28288 Bread, roll, Mexican, bollilo 98.0 1.0 piece 0.2 18060 Bread, rye, toasted 28.35 1.0 oz 0.1 18953 Bread, salvadoran sweet cheese (quesadilla salvadorena) 55.0 1.0 serving (approximate serving size) 0.0 18064 Bread, wheat 29.0 1.0 serving (approximate serving size) 0.0 18065 Bread, wheat bran 28.35 1.0 serving (approximate serving size) 0.0 18385 Bread, wheat germ, toasted 28.35 1.0 size in serving 0.0 28316 Bread, wheat, sprouted 28.35 1.0 size in serving 0.0 28317 Bread, wheat, sprouted, toasted 38.0 1.0 slice in serving 0.0	18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	0.0
18055 Bread, reduced-calorie, wheat 28.35 1.0 oz 0.0 18057 Bread, reduced-calorie, white 28.35 1.0 oz 0.1 18059 Bread, rice bran 28.35 1.0 oz 0.0 18384 Bread, rice bran, toasted 28.35 1.0 oz 0.0 28288 Bread, roll, Mexican, bollilo 98.0 1.0 piece 0.2 18060 Bread, rye, toasted 28.35 1.0 oz 0.1 18051 Bread, rye, toasted 28.35 1.0 serving (approximate serving size) 0.0 18051 Bread, salvadoran sweet cheese (quesadilla salvadorena) 55.0 1.0 serving (approximate serving size) 0.0 18064 Bread, wheat 29.0 1.0 sice 0.1 18066 Bread, wheat bran 28.35 1.0 oz 0.0 18385 Bread, wheat germ, toasted 28.35 1.0 oz 0.1 28316 Bread, wheat, sprouted 38.0 1.0 slice 1 serving 0.0 28317 Bread, wheat, sprouted, toasted 38.0 1.0 slice 1 servi	18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	0.1
18057 Bread, reduced-calorie, white 28.35 1.0 oz 0.1 18059 Bread, rice bran 28.35 1.0 oz 0.0 18384 Bread, rice bran, toasted 28.35 1.0 oz 0.0 28288 Bread, roll, Mexican, bollilo 98.0 1.0 piece 0.2 18060 Bread, rye 28.35 1.0 oz 0.1 18051 Bread, rye, toasted 28.35 1.0 oz 0.1 18053 Bread, salvadoran sweet cheese (quesadilla salvadorena) 55.0 1.0 serving (approximate serving size) 0.0 18064 Bread, wheat 29.0 1.0 sice 0.1 18066 Bread, wheat bran 28.35 1.0 oz 0.0 18385 Bread, wheat germ, toasted 28.35 1.0 oz 0.1 28316 Bread, wheat, sprouted 38.0 1.0 slice 1 serving 0.0 28317 Bread, wheat, sprouted, toasted 38.0 1.0 slice 1 serving 0.0	18053	Bread, reduced-calorie, rye	28.35	1.0 oz	0.1
18059 Bread, rice bran 28.35 1.0 oz 0.0 18384 Bread, rice bran, toasted 28.35 1.0 oz 0.0 28288 Bread, roll, Mexican, bollilo 98.0 1.0 piece 0.2 18060 Bread, rye 28.35 1.0 oz 0.1 18061 Bread, rye, toasted 28.35 1.0 oz 0.1 18953 Bread, salvadoran sweet cheese (quesadilla salvadorena) 55.0 1.0 serving (approximate serving size) 0.0 18064 Bread, wheat 29.0 1.0 slice 0.1 18066 Bread, wheat bran 28.35 1.0 oz 0.0 18385 Bread, wheat germ, toasted 28.35 1.0 oz 0.1 28316 Bread, wheat, sprouted 38.0 1.0 slice 1 serving 0.0 28317 Bread, wheat, sprouted, toasted 38.0 1.0 slice 1 serving 0.0	18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	0.0
18384 Bread, rice bran, toasted 28.35 1.0 oz 0.0 28288 Bread, roll, Mexican, bollilo 98.0 1.0 piece 0.2 18060 Bread, rye 28.35 1.0 oz 0.1 18061 Bread, rye, toasted 28.35 1.0 serving (approximate serving size) 0.0 18953 Bread, salvadoran sweet cheese (quesadilla salvadorena) 55.0 1.0 serving (approximate serving size) 0.0 18064 Bread, wheat 29.0 1.0 slice 0.1 18066 Bread, wheat bran 28.35 1.0 oz 0.0 18385 Bread, wheat germ, toasted 28.35 1.0 oz 0.1 28316 Bread, wheat, sprouted 38.0 1.0 slice 1 serving 0.0 28317 Bread, wheat, sprouted, toasted 38.0 1.0 slice 1 serving 0.0	18057	Bread, reduced-calorie, white	28.35	1.0 oz	0.1
28288 Bread, roll, Mexican, bollilo 98.0 1.0 piece 0.2 18060 Bread, rye 28.35 1.0 oz 0.1 18061 Bread, rye, toasted 28.35 1.0 oz 0.1 18953 Bread, salvadoran sweet cheese (quesadilla salvadorena) 55.0 1.0 serving (approximate serving size) 0.0 18064 Bread, wheat 29.0 1.0 slice 0.1 18066 Bread, wheat bran 28.35 1.0 oz 0.0 18385 Bread, wheat germ, toasted 28.35 1.0 oz 0.1 28316 Bread, wheat, sprouted 38.0 1.0 slice 1 serving 0.0 28317 Bread, wheat, sprouted, toasted 38.0 1.0 slice 1 serving 0.0	18059	Bread, rice bran	28.35	1.0 oz	0.0
18060 Bread, rye 28.35 1.0 oz 0.1 18061 Bread, rye, toasted 28.35 1.0 oz 0.1 18953 Bread, salvadoran sweet cheese (quesadilla salvadorena) 55.0 1.0 serving (approximate serving size) 0.0 18064 Bread, wheat 29.0 1.0 slice 0.1 18066 Bread, wheat bran 28.35 1.0 oz 0.0 18385 Bread, wheat germ, toasted 28.35 1.0 oz 0.1 28316 Bread, wheat, sprouted 38.0 1.0 slice 1 serving 0.0 28317 Bread, wheat, sprouted, toasted 38.0 1.0 slice 1 serving 0.0	18384	Bread, rice bran, toasted	28.35	1.0 oz	0.0
18061 Bread, rye, toasted 28.35 1.0 oz 0.1 18953 Bread, salvadoran sweet cheese (quesadilla salvadorena) 55.0 1.0 serving (approximate serving size) 0.0 18064 Bread, wheat 29.0 1.0 slice 0.1 18066 Bread, wheat bran 28.35 1.0 oz 0.0 18385 Bread, wheat germ, toasted 28.35 1.0 oz 0.1 28316 Bread, wheat, sprouted 38.0 1.0 slice 1 serving 0.0 28317 Bread, wheat, sprouted, toasted 38.0 1.0 slice 1 serving 0.0	28288	Bread, roll, Mexican, bollilo	98.0	1.0 piece	0.2
18953 Bread, salvadoran sweet cheese (quesadilla salvadorena) 55.0 1.0 serving (approximate serving size) 0.0 18064 Bread, wheat 29.0 1.0 slice 0.1 18066 Bread, wheat bran 28.35 1.0 oz 0.0 18385 Bread, wheat germ, toasted 28.35 1.0 oz 0.1 28316 Bread, wheat, sprouted 38.0 1.0 slice 1 serving 0.0 28317 Bread, wheat, sprouted, toasted 38.0 1.0 slice 1 serving 0.0	18060	Bread, rye	28.35	1.0 oz	0.1
18064 Bread, wheat 29.0 1.0 slice 0.1 18066 Bread, wheat bran 28.35 1.0 oz 0.0 18385 Bread, wheat germ, toasted 28.35 1.0 oz 0.1 28316 Bread, wheat, sprouted 38.0 1.0 slice 1 serving 0.0 28317 Bread, wheat, sprouted, toasted 38.0 1.0 slice 1 serving 0.0	18061	Bread, rye, toasted	28.35	1.0 oz	0.1
18066 Bread, wheat bran 28.35 1.0 oz 0.0 18385 Bread, wheat germ, toasted 28.35 1.0 oz 0.1 28316 Bread, wheat, sprouted 38.0 1.0 slice 1 serving 0.0 28317 Bread, wheat, sprouted, toasted 38.0 1.0 slice 1 serving 0.0	18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	0.0
18385 Bread, wheat germ, toasted 28.35 1.0 oz 0.1 28316 Bread, wheat, sprouted 38.0 1.0 slice 1 serving 0.0 28317 Bread, wheat, sprouted, toasted 38.0 1.0 slice 1 serving 0.0	18064	Bread, wheat	29.0	1.0 slice	0.1
28316 Bread, wheat, sprouted 38.0 1.0 slice 1 serving 0.0 28317 Bread, wheat, sprouted, toasted 38.0 1.0 slice 1 serving 0.0	18066	Bread, wheat bran	28.35	1.0 oz	0.0
28317 Bread, wheat, sprouted, toasted 38.0 1.0 slice 1 serving 0.0	18385	Bread, wheat germ, toasted	28.35	1.0 oz	0.1
	28316	Bread, wheat, sprouted	38.0	1.0 slice 1 serving	0.0
18065 Bread, wheat, toasted 28.35 1.0 oz 0.1	28317	Bread, wheat, sprouted, toasted	38.0	1.0 slice 1 serving	0.0
	18065	Bread, wheat, toasted	28.35	1.0 oz	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
18967	Bread, white wheat	28.0	1.0 slice	0.0
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	0.0
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	0.0
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	0.0
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	0.0
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.1
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	0.0
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	0.0
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	0.0
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	0.0
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	0.0
09059	Breadfruit, raw	220.0	1.0 cup	63.8
43595	Breakfast bar, corn flake crust with fruit	28.35	1.0 oz	0.0
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	43.0	1.0 bar	0.4
18459	Breakfast tart, low fat	52.0	1.0 tart	2.0
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	4.6
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	0.5
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	0.5
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	2.1
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	36.0
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	31.4
11096	Broccoli raab, raw	40.0	1.0 cup chopped	8.1
11969	Broccoli, chinese, cooked	88.0	1.0 cup	24.8
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	50.6
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	50.6
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	66.2
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	73.8
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	73.8
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	88.0
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	36.9
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	36.9
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	64.9
11090	Broccoli, raw	91.0	1.0 cup chopped	81.2
11741	Broccoli, stalks, raw	114.0	1.0 stalk	106.2
07015	Brotwurst, pork, beef, link	70.0	1.0 link	0.0

Brussels sprouts, cooked, boiled, drained, with sal l1099 Brussels sprouts, cooked, boiled, drained, without l1746 Brussels sprouts, frozen, cooked, boiled, drained, l1101 Brussels sprouts, frozen, cooked, boiled, drained, l1100 Brussels sprouts, frozen, unprepared l1098 Brussels sprouts, raw l1098 Brussels sprouts, raw l1098 Buckwheat l1098 Buckwheat l1099 Buckwheat groats, roasted, cooked l1099 Buckwheat groats, roasted, dry l1099 Buckwheat groats, roasted, dry l1099 Bulgur, cooked	salt 21.0 with salt 155.0 without salt 155.0 95.0 88.0 170.0 120.0	1.0 sprout 1.0 cup 1.0 cup 0.33 package (10 oz) 1.0 cup 1.0 cup	13.0 13.0 70.8 70.8 70.4 74.8
Brussels sprouts, frozen, cooked, boiled, drained, Brussels sprouts, frozen, cooked, boiled, drained, Brussels sprouts, frozen, unprepared Brussels sprouts, raw Buckwheat Buckwheat flour, whole-groat Buckwheat groats, roasted, cooked Buckwheat groats, roasted, dry	with salt 155.0 without salt 155.0 95.0 88.0 170.0 120.0	1.0 cup 1.0 cup 0.33 package (10 oz) 1.0 cup	70.8 70.8 70.4
11101 Brussels sprouts, frozen, cooked, boiled, drained, 11100 Brussels sprouts, frozen, unprepared 11098 Brussels sprouts, raw 20008 Buckwheat 20011 Buckwheat flour, whole-groat 20010 Buckwheat groats, roasted, cooked 20009 Buckwheat groats, roasted, dry	without salt 155.0 95.0 88.0 170.0 120.0	1.0 cup 0.33 package (10 oz) 1.0 cup	70.8 70.4
11100 Brussels sprouts, frozen, unprepared 11098 Brussels sprouts, raw 20008 Buckwheat 20011 Buckwheat flour, whole-groat 20010 Buckwheat groats, roasted, cooked 20009 Buckwheat groats, roasted, dry	95.0 88.0 170.0 120.0 168.0	0.33 package (10 oz) 1.0 cup	70.4
11098 Brussels sprouts, raw 20008 Buckwheat 20011 Buckwheat flour, whole-groat 20010 Buckwheat groats, roasted, cooked 20009 Buckwheat groats, roasted, dry	88.0 170.0 120.0 168.0	1.0 cup 1.0 cup	
20008 Buckwheat 20011 Buckwheat flour, whole-groat 20010 Buckwheat groats, roasted, cooked 20009 Buckwheat groats, roasted, dry	170.0 120.0 168.0	1.0 cup	74.8
20011 Buckwheat flour, whole-groat 20010 Buckwheat groats, roasted, cooked 20009 Buckwheat groats, roasted, dry	120.0 168.0		
20010 Buckwheat groats, roasted, cooked 20009 Buckwheat groats, roasted, dry	168.0		0.0
20009 Buckwheat groats, roasted, dry		1.0 cup	0.0
		1.0 cup	0.0
20013 Bulgur, cooked	164.0	1.0 cup	0.0
-	182.0	1.0 cup	0.0
20012 Bulgur, dry	140.0	1.0 cup	0.0
Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	3.2
Burdock root, cooked, boiled, drained, without sal	lt 125.0	1.0 cup (1" pieces)	3.2
11104 Burdock root, raw	118.0	1.0 cup (1" pieces)	3.5
BURGER KING, Cheeseburger	133.0	1.0 item	0.3
21256 BURGER KING, Chicken Strips	36.0	1.0 strip	0.4
21385 BURGER KING, CROISSAN'WICH with Egg ar	nd Cheese 110.0	1.0 item	0.0
21384 BURGER KING, CROISSAN'WICH with Sausag	ge and Cheese 131.0	1.0 item	0.0
21383 BURGER KING, CROISSAN'WICH with Sausag	ge, Egg and Cheese 171.0	1.0 sandwich	0.0
BURGER KING, DOUBLE WHOPPER, no chee	se 374.0	1.0 item	0.7
21255 BURGER KING, DOUBLE WHOPPER, with che	eese 399.0	1.0 item	0.8
21249 BURGER KING, french fries	74.0	1.0 small serving	1.6
21386 BURGER KING, french toast sticks	21.0	1.0 stick	0.0
21250 BURGER KING, Hamburger	99.0	1.0 sandwich	0.2
21387 BURGER KING, Hash Brown Rounds	5.6	1.0 piece	0.2
21509 BURGER KING, Onion Rings	91.0	1.0 small	1.3
21259 BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	0.4
21258 BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	0.4
21141 BURGER KING, Vanilla Shake	24.8	1.0 fl oz	0.0
21252 BURGER KING, WHOPPER, no cheese	291.0	1.0 item	0.6
BURGER KING, WHOPPER, with cheese	316.0	1.0 item	0.6
Burrito, bean and cheese, frozen	129.0	1.0 burrito	0.4
22917 Burrito, beef and bean, frozen	139.0		
Burrito, beef and bean, microwaved		1.0 burrito frozen	1.1

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0.0
43214	Butter replacement, without fat, powder	80.0	1.0 cup	0.0
04601	Butter, light, stick, with salt	14.0	1.0 tablespoon	0.0
04602	Butter, light, stick, without salt	14.0	1.0 tablespoon	0.0
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.0
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.0
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0.0
11106	Butterbur, (fuki), raw	94.0	1.0 cup	29.6
11108	Butterbur, canned	124.0	1.0 cup, chopped	14.8
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	44.2
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	44.2
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	31.5
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	18.8
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	18.8
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	20.5
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	17.8
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	14.7
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	28.1
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	28.1
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	1.0
11118	Cabbage, kimchi	150.0	1.0 cup	0.0
43144	Cabbage, mustard, salted	128.0	1.0 cup	0.0
11970	Cabbage, napa, cooked	109.0	1.0 cup	3.5
11109	Cabbage, raw	89.0	1.0 cup, chopped	32.6
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	2.4
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	7.6
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	50.7
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	24.6
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	24.6
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	21.7
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	0.0
18087	Cake, angelfood, dry mix	38.0	1.0 serving	0.0
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0.0
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	0.1
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	3.9

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	0.1
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	0.2
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	0.1
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	0.1
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	0.0
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	0.3
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	0.0
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	0.0
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.0
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.0
18092	Cake, pudding-type, carrot, dry mix	28.35	1.0 oz	0.3
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	0.0
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	0.0
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	0.0
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	0.0
18419	Cake, pudding-type, white, unenriched, dry mix	28.35	1.0 oz	0.0
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	0.0
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	0.1
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	0.5
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	27.0	1.0 cake 1 serving	0.0
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.0
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	27.0	1.0 cake 1 serving	0.0
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	0.0
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	0.0
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	0.0
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	0.0
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	0.1
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	0.0
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	0.0
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	0.0
18453	Cake, yellow, light, dry mix	28.35	1.0 oz	0.0
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	0.1
18420	Cake, yellow, unenriched, dry mix	28.35	1.0 oz	0.1
16200	Campbell's Brown Sugar And Bacon Flavored Baked Beans	130.0	0.5 cup	0.0
06241	CAMPBELL'S CHUNKY Microwavable Bowls, Beef with Country Vegetables Soup, ready-to-serve	245.0	1.0 serving 1 cup	1.2

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
06242	CAMPBELL'S CHUNKY Microwavable Bowls, Chicken and Dumplings Soup, ready-to-serve	245.0	1.0 serving 1 cup	0.0
06244	CAMPBELL'S CHUNKY Microwavable Bowls, Classic Chicken Noodle, ready-to-serve	245.0	1.0 serving 1 cup	0.0
06245	CAMPBELL'S CHUNKY Microwavable Bowls, Grilled Chicken and Sausage Gumbo, ready-to-serve	245.0	1.0 serving 1 cup	0.0
06250	CAMPBELL'S CHUNKY Microwavable Bowls, New England Clam Chowder, ready-to-serve	245.0	1.0 serving 1 cup	0.0
06251	CAMPBELL'S CHUNKY Microwavable Bowls, Old Fashioned Vegetable Beef Soup, ready-to-serve	245.0	1.0 serving 1 cup	0.0
06252	CAMPBELL'S CHUNKY Microwavable Bowls, Sirloin Burger with Country Vegetables Soup, ready-to-serve	245.0	1.0 serving 1 cup	0.0
06383	CAMPBELL'S CHUNKY Soups, Baked Potato with Cheddar & Bacon Bits Soup	245.0	1.0 cup	0.0
06384	CAMPBELL'S CHUNKY Soups, Baked Potato with Steak & Dr. Cheese Soup	245.0	1.0 cup	0.0
06387	CAMPBELL'S CHUNKY Soups, Beef Rib Roast with Potatoes & Dry Herbs Soup	245.0	1.0 cup	1.2
06388	CAMPBELL'S CHUNKY Soups, Beef with Country Vegetables Soup	245.0	1.0 cup	0.0
06389	CAMPBELL'S CHUNKY Soups, Beef with White and Wild Rice Soup	245.0	1.0 cup	0.0
06392	CAMPBELL'S CHUNKY Soups, Chicken Broccoli Cheese & Camp; Potato Soup	245.0	1.0 cup	0.0
06393	CAMPBELL'S CHUNKY Soups, Chicken Corn Chowder	245.0	1.0 cup	0.0
06396	CAMPBELL'S CHUNKY Soups, Fajita Chicken with Rice & Dup; Beans Soup	245.0	1.0 cup	0.0
06398	CAMPBELL'S CHUNKY Soups, Firehouse - Hot & Dicy Beef & Dicy Been Chili	245.0	1.0 cup	1.2
06399	CAMPBELL'S CHUNKY Soups, Grilled Chicken & Sausage Gumbo Soup	245.0	1.0 cup	0.0
06400	CAMPBELL'S CHUNKY Soups, Grilled Chicken with Vegetables & Days Pasta Soup	245.0	1.0 cup	0.0
06403	CAMPBELL'S CHUNKY Soups, Grilled Sirloin Steak with Hearty Vegetables Soup	245.0	1.0 cup	1.2
06454	CAMPBELL'S CHUNKY Soups, Grilled Steak-Steak Chili with Beans	245.0	1.0 cup	1.2
27007	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Chicken Noodle Soup	245.0	1.0 serving	2.4
27008	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Microwavable Bowls, Grilled Chicken & Sausage Gumbo Soup	245.0	1.0 cup	5.9
27009	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST New England Clam Chowder	245.0	1.0 cup	0.0
06408	CAMPBELL'S CHUNKY Soups, HEALTHY REQUEST Vegetable Soup	245.0	1.0 cup	0.0
06414	CAMPBELL'S CHUNKY Soups, Hearty Bean 'N' Ham Soup	245.0	1.0 cup	0.0
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	206.0	1.0 cup	1.6
06418	CAMPBELL'S CHUNKY Soups, Hearty Chicken with Vegetables Soup	245.0	1.0 serving	0.0
06429	CAMPBELL'S CHUNKY Soups, Manhattan Clam Chowder	245.0	1.0 cup	0.0
06433	CAMPBELL'S CHUNKY Soups, Old Fashioned Potato Ham Chowder	245.0	1.0 cup	2.4
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	247.0	1.0 cup	0.0
06437	CAMPBELL'S CHUNKY Soups, Roadhouse - Beef & Eamp; Bean Chili	245.0	1.0 cup	1.2
06438	CAMPBELL'S CHUNKY Soups, Salisbury Steak with Mushrooms & Dnions Soup	245.0	1.0 serving	0.0
06439	CAMPBELL'S CHUNKY Soups, Savory Chicken with White & Dup; Wild Rice Soup	245.0	1.0 cup	0.0
06441	CAMPBELL'S CHUNKY Soups, Savory Pot Roast Soup	245.0	1.0 cup	1.2

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
06447	CAMPBELL'S CHUNKY Soups, Savory Vegetable Soup	245.0	1.0 cup	0.0
06457	CAMPBELL'S CHUNKY Soups, Slow Roasted Beef with Mushrooms Soup	245.0	1.0 cup	1.2
06459	CAMPBELL'S CHUNKY Soups, Split Pea 'N' Ham Soup	245.0	1.0 cup	2.4
06462	CAMPBELL'S CHUNKY Soups, Steak 'N' Potato Soup	245.0	1.0 cup	0.0
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	243.0	1.0 cup	0.0
06391	CAMPBELL'S CHUNKY, Creamy Chicken and Dumplings Soup	245.0	1.0 cup	0.0
06405	CAMPBELL'S CHUNKY, HEALTHY REQUEST Chicken Noodle Soup	245.0	1.0 cup	1.2
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	251.0	1.0 cup	1.0
06986	CAMPBELL'S HEALTHY REQUEST, Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	0.4
06988	CAMPBELL'S HEALTHY REQUEST, Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	0.1
06989	CAMPBELL'S HEALTHY REQUEST, Homestyle Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	0.8
06548	CAMPBELL'S Homestyle Chicken with White & Dup Rice Soup	245.0	1.0 cup	0.0
27019	CAMPBELL'S Homestyle Harvest Tomato with Basil Soup	245.0	1.0 cup	17.9
27021	CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup	246.0	1.0 cup	0.0
06537	CAMPBELL'S Homestyle HEALTHY REQUEST Mexican Style Chicken Tortilla	245.0	1.0 cup	1.2
06541	CAMPBELL'S Homestyle Italian-Style Wedding Soup	245.0	1.0 cup	0.0
06617	CAMPBELL'S Homestyle Light Italian-Style Wedding Soup	245.0	1.0 cup	0.0
06529	CAMPBELL'S Homestyle Light New England Clam Chowder	245.0	1.0 cup	0.0
06543	CAMPBELL'S Homestyle Mexican Style Chicken Tortilla Soup	245.0	1.0 cup	0.0
27017	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Italian Wedding Soup	245.0	1.0 cup	0.0
27018	CAMPBELL'S Homestyle Microwaveable Bowls, HEALTHY REQUEST Mexican Style Tortilla	245.0	1.0 cup	1.2
06544	CAMPBELL'S Homestyle Minestrone Soup	245.0	1.0 cup	0.0
06545	CAMPBELL'S Homestyle New England Clam Chowder	256.0	1.0 cup	0.0
06546	CAMPBELL'S Homestyle Potato Broccoli Cheese Soup	245.0	1.0 cup	2.4
06580	CAMPBELL'S Homestyle Vegetable Medley Soup	245.0	1.0 cup	0.0
06482	CAMPBELL'S Low Sodium Soups, Chicken with Noodles Soup	305.0	1.0 serving 1 container	0.0
16201	Campbell's Pork and Beans	130.0	0.5 cup	0.0
06497	CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Noodle Soup	245.0	1.0 cup	0.0
06502	CAMPBELL'S Red and White - Microwaveable Bowls, Chicken Rice Soup	245.0	1.0 cup	0.0
06503	CAMPBELL'S Red and White - Microwaveable Bowls, Creamy Tomato Soup	245.0	1.0 cup	5.9
06504	CAMPBELL'S Red and White - Microwaveable Bowls, Tomato Soup	245.0	1.0 cup	5.9
06505	CAMPBELL'S Red and White - Microwaveable Bowls, Vegetable Beef Soup	245.0	1.0 cup	0.0
06213	CAMPBELL'S Red and White, 25% Less Sodium Tomato Soup, condensed	124.0	1.0 serving 1/2 cup	6.0
06117	CAMPBELL'S Red and White, Bean with Bacon Soup, condensed	128.0	1.0 serving 1/2 cup	3.6
06145	CAMPBELL'S Red and White, Beef Noodle Soup, condensed	126.0	1.0 serving 1/2 cup	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
06146	CAMPBELL'S Red and White, Beef with Vegetables and Barley Soup, condensed	126.0	1.0 serving 1/2 cup	0.0
06003	CAMPBELL'S Red and White, Beefy Mushroom Soup, condensed	126.0	1.0 serving 1/2 cup	0.0
06014	CAMPBELL'S Red and White, Broccoli Cheese Soup, condensed	124.0	1.0 serving 1/2 cup	1.2
06054	CAMPBELL'S Red and White, Chicken Alphabet Soup, condensed	126.0	0.5 cup	1.3
06041	CAMPBELL'S Red and White, Chicken and Dumplings Soup, condensed	126.0	1.0 serving 1/2 cup	0.0
06047	CAMPBELL'S Red and White, Chicken and Stars Soup, condensed	126.0	1.0 serving 1/2 cup	0.0
27013	CAMPBELL'S Red and White, Chicken Barley with Mushrooms Soup, condensed	126.0	0.5 cup	0.0
06057	CAMPBELL'S Red and White, Chicken Broth, condensed	124.0	1.0 serving 1/2 cup	0.0
06058	CAMPBELL'S Red and White, Chicken Gumbo Soup, condensed	126.0	1.0 serving 1/2 cup	0.0
06082	CAMPBELL'S Red and White, Chicken NOODLEO's Soup, condensed	126.0	1.0 serving 1/2 cup	0.0
06084	CAMPBELL'S Red and White, Chicken Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	0.0
06311	CAMPBELL'S Red and White, Chicken Won Ton Soup, condensed	126.0	1.0 serving 1/2 cup	0.0
06312	CAMPBELL'S Red and White, Cream of Asparagus Soup, condensed	124.0	1.0 serving 1/2 cup	0.0
06333	CAMPBELL'S Red and White, Cream of Broccoli Soup, condensed	124.0	1.0 serving 1/2 cup	1.2
06334	CAMPBELL'S Red and White, Cream of Celery Soup, condensed	124.0	1.0 serving 1/2 cup	0.0
06340	CAMPBELL'S Red and White, Cream of Onion Soup, condensed	124.0	1.0 serving 1/2 cup	0.0
06342	CAMPBELL'S Red and White, Cream of Shrimp Soup, condensed	124.0	1.0 serving 1/2 cup	0.0
06343	CAMPBELL'S Red and White, Creamy Chicken Noodle Soup, condensed	124.0	1.0 serving 1/2 cup	0.0
06350	CAMPBELL'S Red and White, DOUBLE NOODLE in Chicken Broth Soup, condensed	126.0	1.0 serving 1/2 cup	0.0
06353	CAMPBELL'S Red and White, Fiesta Nacho Cheese Soup, condensed	124.0	1.0 serving 1/2 cup	0.0
06354	CAMPBELL'S Red and White, French Onion Soup, condensed	126.0	1.0 serving 1/2 cup	0.0
06355	CAMPBELL'S Red and White, Golden Mushroom Soup, condensed	124.0	1.0 serving 1/2 cup	0.0
06357	CAMPBELL'S Red and White, GOLDFISH Pasta with Chicken in Chicken Broth, condensed	126.0	1.0 serving 1/2 cup	0.0
06361	CAMPBELL'S Red and White, Green Pea Soup, condensed	128.0	1.0 serving 1/2 cup	0.0
27014	CAMPBELL'S Red and White, Italian Style Wedding Soup, condensed	126.0	0.5 cup	0.0
27032	CAMPBELL'S Red and White, Lentil Soup, condensed	126.0	0.5 cup	0.0
06364	CAMPBELL'S Red and White, Manhattan Clam Chowder, condensed	126.0	1.0 serving 1/2 cup	1.3
06365	CAMPBELL'S Red and White, Mega Noodle in Chicken Broth, condensed	126.0	1.0 serving 1/2 cup	0.0
06366	CAMPBELL'S Red and White, Minestrone Soup, condensed	126.0	1.0 serving 1/2 cup	0.0
06367	CAMPBELL'S Red and White, New England Clam Chowder, condensed	126.0	1.0 serving 1/2 cup	0.0
06351	CAMPBELL'S Red and White, Old Fashioned Tomato Rice Soup, condensed	126.0	1.0 serving 1/2 cup	2.4
27015	CAMPBELL'S Red and White, PHINEAS and FERB Soup, condensed	126.0	0.5 cup serving	0.0
06349	CAMPBELL'S Red and White, SCOOBY-DOO Soup, condensed	126.0	1.0 serving 1/2 cup	0.0
06380	CAMPBELL'S Red and White, Split Pea with Ham and Bacon Soup, condensed	128.0	1.0 serving 1/2 cup	0.0
06379	CAMPBELL'S Red and White, Tomato Bisque, condensed	126.0	1.0 serving 1/2 cup	6.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
06373	CAMPBELL'S Red and White, Vegetarian Vegetable Soup, condensed	126.0	1.0 serving 1/2 cup	0.0
06596	CAMPBELL'S Soup on the Go, Cheesy Potato with Bacon Flavor Soup	305.0	1.0 container	0.0
06586	CAMPBELL'S Soup on the Go, Chicken & Samp; Stars Soup	305.0	1.0 container	3.7
06587	CAMPBELL'S Soup on the Go, Chicken with Mini Noodles Soup	305.0	1.0 container	2.4
06588	CAMPBELL'S Soup on the Go, Classic Tomato Soup	305.0	1.0 container	36.0
06589	CAMPBELL'S Soup on the Go, Creamy Broccoli Soup	305.0	1.0 container	0.0
06590	CAMPBELL'S Soup on the Go, Creamy Chicken Soup	305.0	1.0 container	0.0
06592	CAMPBELL'S Soup on the Go, Creamy Tomato Soup	305.0	1.0 container	29.9
27022	CAMPBELL'S Soup on the GO, HEALTHY REQUEST Chicken with Mini Noodles Soup	305.0	1.0 container	0.0
27023	CAMPBELL'S Soup on the Go, HEALTHY REQUEST Classic Tomato Soup	305.0	1.0 container	36.0
06594	CAMPBELL'S Soup on the Go, New England Clam Chowder	305.0	1.0 container	0.0
06595	CAMPBELL'S Soup on the Go, Vegetable Beef Soup	305.0	1.0 container	0.0
06585	CAMPBELL'S Soup on the Go, Vegetable with Mini Round Noodles Soup	305.0	1.0 container	1.2
06212	CAMPBELL'S, 25% Less Sodium Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	0.0
06215	CAMPBELL'S, 98% Fat Free Broccoli Cheese Soup, condensed	124.0	0.5 cup condensed	0.0
06209	CAMPBELL'S, 98% Fat Free Cream of Broccoli Soup, condensed	124.0	0.5 cup condensed	0.0
06219	CAMPBELL'S, 98% Fat Free Cream of Chicken Soup, condensed	124.0	0.5 cup condensed	0.2
27034	CAMPBELL'S, 98% Fat Free Cream of Mushroom Soup, condensed	124.0	0.5 cup condensed	0.1
06038	CAMPBELL'S, Cheddar Cheese Soup, condensed	124.0	0.5 cup condensed	0.2
06309	CAMPBELL'S, Chicken with Rice Soup, condensed	126.0	0.5 cup condensed	0.0
06336	CAMPBELL'S, Cream of Chicken Soup, condensed	124.0	0.5 cup condensed	0.0
06337	CAMPBELL'S, Cream of Chicken with Herbs Soup, condensed	124.0	0.5 cup condensed	0.0
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	0.6
06339	CAMPBELL'S, Cream of Mushroom with Roasted Garlic Soup, condensed	124.0	0.5 cup condensed	0.0
06341	CAMPBELL'S, Cream of Potato Soup, condensed	124.0	0.5 cup condensed	0.2
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	126.0	0.5 cup	1.3
06195	CAMPBELL'S, HEALTHY REQUEST, cream of chicken soup, condensed	124.0	0.5 cup condensed	0.2
06363	CAMPBELL'S, Homestyle Chicken Noodle Soup, condensed	126.0	0.5 cup condensed	0.1
31006	CAMPBELL'S, Organic Tomato juice	243.0	8.0 fl oz	71.9
31001	CAMPBELL'S, Tomato juice	243.0	8.0 fl oz	71.9
31002	CAMPBELL'S, Tomato juice, low sodium	243.0	8.0 fl oz	71.9
06377	CAMPBELL'S, Tomato Soup, condensed	124.0	0.5 cup condensed	6.0
31008	CAMPBELL'S, V8 100% Vegetable Juice	243.0	8.0 fl oz	71.9
31016	CAMPBELL'S, V8 60% Vegetable Juice, V8 V-Lite	243.0	8.0 fl oz	71.9
31011	CAMPBELL'S, V8 Vegetable Juice, Calcium Enriched V8	243.0	8.0 fl oz	71.9

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
31010	CAMPBELL'S, V8 Vegetable Juice, Essential Antioxidants V8	243.0	8.0 oz	120.0
31018	CAMPBELL'S, V8 Vegetable Juice, High Fiber V8	243.0	8.0 fl oz	71.9
31017	CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot	243.0	8.0 fl oz	60.0
31012	CAMPBELL'S, V8 Vegetable Juice, Low Sodium V8	243.0	8.0 fl oz	71.9
31005	CAMPBELL'S, V8 Vegetable Juice, Organic V8	243.0	8.0 fl oz	71.9
31013	CAMPBELL'S, V8 Vegetable Juice, Spicy Hot V8	243.0	8.0 fl oz	71.9
06375	CAMPBELL'S, Vegetable Beef Soup, condensed	126.0	0.5 cup condensed	1.5
05111	Canada Goose, breast meat, skinless, raw	85.0	3.0 oz	0.0
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.0
10130	Canadian bacon, unprepared	85.0	3.0 oz	0.0
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	0.2
19065	Candies, ALMOND JOY Candy Bar	49.0	1.0 package 1.76 oz	0.3
19070	Candies, butterscotch	28.35	1.0 oz	0.0
19075	Candies, CARAMELLO Candy Bar	35.0	1.0 bar 1.25 oz	0.6
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	0.3
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	0.0
19071	Candies, carob, unsweetened	28.35	1.0 oz	0.1
43031	Candies, chocolate covered, caramel with nuts	14.0	1.0 piece	0.2
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	28.35	1.0 oz	0.0
19085	Candies, confectioner's coating, butterscotch	170.0	1.0 cup chips	0.2
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	0.5
19079	Candies, confectioner's coating, yogurt	170.0	1.0 cup chips	0.8
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	0.3
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	0.0
19384	Candies, divinity, prepared-from-recipe	11.0	1.0 piece	0.0
19099	Candies, fondant, prepared-from-recipe	28.35	1.0 oz	0.0
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	60.0
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	0.0
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	28.35	1.0 oz	0.1
19100	Candies, fudge, chocolate, prepared-from-recipe	17.0	1.0 piece	0.0
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	0.1
19102	Candies, fudge, peanut butter, prepared-from-recipe	16.0	1.0 piece	0.0
19104	Candies, fudge, vanilla with nuts	28.35	1.0 oz	0.0
19103	Candies, fudge, vanilla, prepared-from-recipe	28.35	1.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
43057	Candies, gum drops, no sugar or low calorie (sorbitol)	182.0	1.0 cup	0.0
19106	Candies, gumdrops, starch jelly pieces	182.0	1.0 cup gumdrops	0.0
19117	Candies, halavah, plain	28.35	1.0 oz	0.0
19107	Candies, hard	28.35	1.0 oz	0.0
43058	Candies, hard, dietetic or low calorie (sorbitol)	3.0	1.0 piece	0.0
19243	Candies, HEATH BITES	39.0	15.0 pieces	0.3
19084	Candies, HERSHEY'S GOLDEN ALMOND SOLITAIRES	41.0	13.0 pieces	0.0
19236	Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	39.0	17.0 pieces	0.7
19130	Candies, HERSHEY'S POT OF GOLD Almond Bar	78.0	1.0 bar 2.8 oz	0.0
19136	Candies, HERSHEY'S SKOR Toffee Bar	39.0	1.0 bar 1.4 oz	0.2
19248	Candies, HERSHEY'S, ALMOND JOY BITES	40.0	18.0 pieces	0.4
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	55.0	1.0 bar 1.94 oz	0.7
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	42.0	1.0 serving 1.5 oz	0.3
19108	Candies, jellybeans	11.0	10.0 small	0.0
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	0.0
19110	Candies, KRACKEL Chocolate Bar	41.0	1.0 bar 1.45 oz	0.3
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	0.0
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	0.0
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	0.1
19327	Candies, MARS SNACKFOOD US, COCOAVIA Blueberry and Almond Chocolate Bar	22.0	1.0 serving 0.78 oz bar	7.5
19326	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Bar	22.0	1.0 serving 0.78 oz bar	9.4
19897	Candies, MARS SNACKFOOD US, COCOAVIA Chocolate Covered Almonds	28.0	1.0 serving 1oz pack	7.6
19328	Candies, MARS SNACKFOOD US, COCOAVIA Crispy Chocolate Bar	20.0	1.0 serving 0.7 oz bar	7.6
19255	Candies, MARS SNACKFOOD US, DOVE Dark Chocolate	37.0	1.0 serving 1.3 oz bar	0.0
19254	Candies, MARS SNACKFOOD US, DOVE Milk Chocolate	37.0	1.0 serving 1.30 oz bar	0.3
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	0.2
19292	Candies, MARS SNACKFOOD US, M&M's Crispy Chocolate Candies	47.0	1.0 serving 1.6 oz bag	0.2
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	0.2
19157	Candies, MARS SNACKFOOD US, M&M's MINIs Milk Chocolate Candies	30.0	1.0 serving 1.0 oz tube	0.2
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	0.2
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	0.0
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	50.0	1.0 bar (1.76 oz)	0.4
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	0.4
19256	Candies, MARS SNACKFOOD US, MILKY WAY Caramels, milk chocolate covered	44.0	1.0 serving 5 pieces	0.3
19258	Candies, MARS SNACKFOOD US, MILKY WAY Caramels. dark chocolate covered	44.0	1.0 serving 5 pieces	0.2

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	0.1
19308	Candies, MARS SNACKFOOD US, POP'ABLES 3 MUSKETEERS Brand Bite Size Candies	41.0	1.0 serving 15 pieces	0.2
19307	Candies, MARS SNACKFOOD US, POP'ABLES MILKY WAY Brand Bite Size Candies	39.0	1.0 serving 13 pieces	0.2
19306	Candies, MARS SNACKFOOD US, POP'ABLES SNICKERS Brand Bite Size Candies	39.0	1.0 serving 13 pieces	0.2
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	62.0	1.0 serving 2.17 oz pack	41.4
19369	Candies, MARS SNACKFOOD US, SKITTLES Sours Original	51.0	1.0 serving 1.80 oz bag	31.2
19368	Candies, MARS SNACKFOOD US, SKITTLES Tropical Bite Size Candies	62.0	1.0 serving 2.1 oz bag	41.6
19363	Candies, MARS SNACKFOOD US, SKITTLES Wild Berry Bite Size Candies	62.0	1.0 serving 2.1 oz bag	41.6
19302	Candies, MARS SNACKFOOD US, SNICKERS Almond bar	50.0	1.0 serving 1.76 oz bar	0.4
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	0.3
19359	Candies, MARS SNACKFOOD US, SNICKERS CRUNCHER	47.0	1.0 serving 1.66 oz bar	0.2
19295	Candies, MARS SNACKFOOD US, SNICKERS MUNCH bar	40.0	1.0 serving 1.42 oz bar	0.0
19309	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Fruit and Creme	40.0	1.0 serving fun size (8 chews)	23.3
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	23.5
19313	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Tropical fruits	40.0	1.0 serving fun size (8 chews)	23.8
19315	Candies, MARS SNACKFOOD US, STARBURST Sour Fruit Chews	59.0	1.0 serving 2.07 oz pack	33.4
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	57.0	1.0 package (2 oz)	0.3
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	51.0	2.0 cookie 2011 label	0.5
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	0.2
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0.0
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	0.0
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	0.0
19126	Candies, milk chocolate coated peanuts	149.0	1.0 cup	0.0
19132	Candies, milk chocolate, with almonds	41.0	1.0 bar (1.45 oz)	0.1
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	0.2
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	0.1
19143	Candies, MR. GOODBAR Chocolate Bar	49.0	1.0 bar (1.75 oz)	0.4
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	0.3
19153	Candies, NESTLE, AFTER EIGHT Mints	42.0	1.0 serving 5 mints	0.0
19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	0.0
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	40.0	1.0 serving 6 pieces	0.3
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	0.0
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	0.1
19119	Candies, NESTLE, CHUNKY Bar	40.0	1.0 serving 1.4 oz bar	0.0
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44.0	1.0 bar 1.55 oz	0.2

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
19105	Candies, NESTLE, GOOBERS Chocolate Covered Peanuts	39.0	1.0 package 1.375 oz	0.1
19118	Candies, NESTLE, OH HENRY! Bar	57.0	1.0 bar 2 oz	0.0
19149	Candies, NESTLE, RAISINETS Chocolate Covered Raisins	45.0	1.0 serving 1.58 oz bag	0.7
43046	Candies, nougat, with almonds	14.0	1.0 piece	0.0
19147	Candies, peanut bar	28.35	1.0 oz	0.0
19148	Candies, peanut brittle, prepared-from-recipe	28.35	1.0 oz	0.0
19216	Candies, praline, prepared-from-recipe	39.0	1.0 piece	0.1
19238	Candies, REESE'S BITES	39.0	16.0 pieces	0.3
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	56.0	1.0 serving 1 bar	0.0
19239	Candies, REESE'S NUTRAGEOUS Candy Bar	54.0	1.0 bar 1.92 oz	0.3
19150	Candies, REESE'S Peanut Butter Cups	17.0	1.0 package 0.6 oz 1 cup	0.1
19151	Candies, REESE'S PIECES Candy	47.0	0.25 cup	0.0
19252	Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	56.0	2.0 oz bar	0.2
19152	Candies, ROLO Caramels in Milk Chocolate	48.0	1.0 package 1 package	0.4
19080	Candies, semisweet chocolate	14.5	1.0 serving	0.0
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	0.0
19154	Candies, sesame crunch	28.35	1.0 oz	0.0
19866	Candies, soft fruit and nut squares	42.0	3.0 pieces	0.1
19164	Candies, SPECIAL DARK Chocolate Bar	41.0	1.0 bar 1.45 oz	0.0
19858	Candies, sugar-coated almonds	3.5	1.0 piece	0.0
19081	Candies, sweet chocolate	28.35	1.0 oz	0.0
19083	Candies, sweet chocolate coated fondant	43.0	1.0 patty, large	0.0
19093	Candies, SYMPHONY Milk Chocolate Bar	42.0	1.0 bar 1.5 oz	0.9
19382	Candies, taffy, prepared-from-recipe	15.0	1.0 piece	0.0
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	35.0	1.0 bar	0.0
19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	0.0
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0.0
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	0.0
19067	Candies, TWIZZLERS CHERRY BITES	40.0	18.0 pieces	0.0
19092	Candies, TWIZZLERS NIBS CHERRY BITS	40.0	27.0 pieces	0.0
19112	Candies, TWIZZLERS Strawberry Twists Candy	45.0	4.0 pieces 1.6oz	0.0
19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	0.4
19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	0.4
19181	Candies, YORK BITES	39.0	15.0 pieces	0.0
19091	Candies, YORK Peppermint Pattie	43.0	1.0 patty 1.5 oz	0.0

Carambola, (starfrait), raw 132.0 1.0 cup, cubes 45.	NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
14552 Carbonated beverage, chocolate-flavored soda 31,0 1.0 fl oz 0.0 14120 Carbonated beverage, cream soda 30,9 1.0 fl oz 0.0 14257 Carbonated beverage, cream soda 30,9 1.0 fl oz 0.0 14262 Carbonated beverage, box alorite, other than cola or pepper, with sodium saccharin, without carlierine 29,6 1.0 fl oz 0.0 1422 Carbon, traw 178,0 1.0 cup, shredded 33,0 1.0 cup, shredded 33,0 1.0 cup, shredded 33,0 1.0 cup, shredded 35,0 1.0 cup	02054	Capers, canned	8.6	1.0 tbsp, drained	0.4
14130 Carbonated beverage, cream soda 30.9 1.0 ft oz 0.0 14537 Carbonated beverage, low caloric, other than colo or pepper, with sodium saccharia, without cuffeine 29.6 1.0 ft oz 0.0 14537 Carbona, raw 178.0 1.0 cup, shredded 3.0 35211 Caribon, hind quanter, meat, cocked (Alaska Naive) 66.0 0.5 cup 0.0 09061 Carissa, Cinatal-plum), raw 150.0 1.0 cup sitees 57.7 05055 Carbo Boar 103.0 1.0 cup 0.0 36052 CARRABBAS ITALIAN GRILL, basagne 437.0 1.0 serving 3.3 36052 CARRABBAS ITALIAN GRILL, spughetti with renat sauce 439.0 1.0 serving 4.4 36084 CARRABBAS ITALIAN GRILL, spughetti with pomodoro sauce 449.0 1.0 cup 1.0 c	09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	45.4
14537 Carbonated heverage, low caloric, other than cola or pepper, with sedium saccharin, without caffeine 178.0 1.0 cup, shredded 3. 11122 Cardoon, raw 178.0 1.0 cup, shredded 3. 15211 Carlosa, linial quarter, meat, cooked (Alaska Naive) 66.0 0.5 cup 0.0 10006 Carlssa, (natal-plum), raw 1500 1.0 cup slices 57. 16055 Carbo flour 1.0 cup slices 57. 16055 Carbo flour 1.0 cup slices 57. 16055 Carbo flour 1.0 serving 3. 36632 CARRABBAS ITALIAN GRILL, sugglectif with meat sauce 5370 1.0 serving 4. 16055 Carbo flour, canned 2360 1.0 crup 20. 16085 Carrot, debydrated 74.0 1.0 cup 10. 16085 Carrot, debydrated 74.0 1.0 cup 10. 16080 Carrots, baby, raw 15.0 1.0 large 0. 1759 Carrots, canned, no salt added, drained solids 146.0 1.0 cup, sliced 3. 1758 Carrots, canned, no salt added, drained solids 146.0 1.0 cup, sliced 3. 1758 Carrots, canned, regular pack, drained solids 146.0 1.0 cup, sliced 3. 1757 Carrots, conned, regular pack, drained solids 146.0 1.0 cup, sliced 3. 1759 Carrots, conded, boiled, drained, without salt 9.7 1.0 lbsp 0. 1750 Carrots, conded, boiled, drained, without salt 9.7 1.0 lbsp 0. 1750 Carrots, conded, boiled, drained, without salt 146.0 1.0 cup, sliced 3. 1751 Carrots, conded, boiled, drained, without salt 146.0 1.0 cup, sliced 3. 1751 Carrots, frozen, cooked, boiled, drained, without salt 146.0 1.0 cup, sliced 3. 1751 Carrots, frozen, cooked, boiled, drained, without salt 146.0 1.0 cup, sliced 3. 1752 Catrots, frozen, cooked, boiled, drained, with salt 1.0 cup slices 3. 1753 Catrots, frozen, cooked, boiled, drained, with salt 1.0 cup slices 3. 1754 Catrots, frozen, cooked, boiled, drained, with salt 6.0 6.5 cup (1' pieces) 6.5	14552	Carbonated beverage, chocolate-flavored soda	31.0	1.0 fl oz	0.0
11122 Cardoon, raw 178.0 1.0 cup, shredded 3.3211 35211 Carbou, Inital quarter, meat, cocked (Alaska Native) 660 0.5 cup 0.0 90961 Carisa, (natal-plum), raw 150 1.0 cup slices 5.7 16655 Carb flour 103.0 1.0 cup slices 9.0 36043 CARRABBAS ITALIAN GRILL, spaghetit with neat sauce 537.0 1.0 serving 4.4 36642 CARRABBAS ITALIAN GRILL, spaghetit with pomodoro sauce 489.0 1.0 serving 4.4 36643 CARRABBAS ITALIAN GRILL, spaghetit with pomodoro sauce 489.0 1.0 cup vince 4.6 11665 Carrot delaydrated 74.0 1.0 cup 10. 11666 Carrots, canned, as alt added, drained solids 140.0 1.0 cup sliced 3. 11759 Carrots, canned, as alt added, drained solids 146.0 1.0 cup, sliced 3. 11788 Carrots, canned, regular pack, drained solids 123.0 0.5 cup slices 2. 11789 Carrots, canned, regular pack, drained solids 146.0 1.0 cup, sliced <	14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	0.0
35211 Caribsu, Inital quarter, meat, cooked (Alaska Native) 66.0 0.5 cm 0.0 05061 Carisas, (natal-plum), raw 150.0 1.10 cm 0.7 16055 Carob flour 103.0 1.0 cm 0.0 36043 CARRABBA'S ITALIAN GRILL, Isagene 437.0 1.0 serving 3.3 36024 CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce 557.0 1.0 serving 4.4 11655 Carros, lack, and and an analysis of the commendation of	14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	29.6	1.0 fl oz	0.0
09061 Carissa, (natal-plum), raw 1500 1.0 cup slices 57. 16055 Carob flour 105.0 1.0 cup 0.0 36043 CARABBAS ITALIAN GRILL, Issagne 437.0 1.0 serving 3.3 36632 CARRABBAS ITALIAN GRILL, spagherti with meat sauce 557.0 1.0 serving 4. 36048 CARRABBAS ITALIAN GRILL, spagherti with pomodoro sauce 489.0 1.0 serving 4. 11655 Carrot, chekydrated 74.0 1.0 cup 20. 11683 Carrot, chekydrated 74.0 1.0 cup 10. 11790 Carrots, canned, no salt added, drained solids 146.0 1.0 cup, sliced 3. 11789 Carrots, canned, no salt added, drained solids 146.0 1.0 cup, sliced 3. 11788 Carrots, canned, no salt added, without salt 123.0 0.5 cup slices 2. 11787 Carrots, canned, no salt added, without salt 9.7 1.0 tbp 0. 11782 Carrots, cooked, boiled, drained, with salt 9.7 1.0 tbp 0. 11785	11122	Cardoon, raw	178.0	1.0 cup, shredded	3.6
16055 Carob flour	35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	0.0
36043 CARRABBAS ITALIAN GRILL, basgnet 437.0 1.0 serving 3. 36652 CARRABBAN SITALIAN GRILL, spaghetti with meat sauce 537.0 1.0 serving 4. 36048 CARRABBAS ITALIAN GRILL, spaghetti with pomodoro sauce 489.0 1.0 serving 4. 11655 Carrot juice, canned 236.0 1.0 cup 20.0 11683 Carrot, dehydrated 74.0 1.0 cup 10. 11990 Carrots, canned, no salt added, drained solids 146.0 1.0 cup, sliced 3. 11759 Carrots, canned, no salt added, solids and liquids 123.0 0.5 cup slices 2. 11782 Carrots, canned, regular pack, drained solids 146.0 1.0 cup, sliced 3. 11128 Carrots, canned, regular pack, drained solids 146.0 1.0 cup, sliced 3. 11129 Carrots, canned, regular pack, drained solids 146.0 1.0 cup, slice 2. 11120 Carrots, canned, regular pack, drained solids 19.7 1.0 thp 0. 11121 Carrots, cooked, boiled, drained, without salt 19.7 1.0	09061	Carissa, (natal-plum), raw	150.0	1.0 cup slices	57.0
36632 CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce 537.0 1.0 serving 4. 36048 CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce 489.0 1.0 serving 4. 11655 Carrot, juice, canned 236.0 1.0 cup 20. 11683 Carrot, dehydrated 74.0 1.0 cup 10. 11790 Carrots, canned, no salt added, drained solids 146.0 1.0 cup, silced 3. 11758 Carrots, canned, no salt added, solids and liquids 123.0 0.5 cup slices 2. 11128 Carrots, canned, regular pack, solids and liquids 123.0 0.5 cup slices 2. 11126 Carrots, canned, regular pack, solids and liquids 123.0 0.5 cup slices 2. 11757 Carrots, conced, boiled, drained, with salt 9.7 1.0 tbsp 0. 11125 Carrots, conced, boiled, drained, without salt 146.0 1.0 cup slices 3. 11131 Carrots, frozen, cooked, boiled, drained, without salt 146.0 1.0 cup slices 3. 11132 Carrots, frozen, cooked, boiled, drained, without salt	16055	Carob flour	103.0	1.0 cup	0.2
36048 CARRABBA'S ITALIAN GRILL, spughetti with pomodoro sauce 489.0 1.0 serving 4. 11655 Carrot, juice, canned 236.0 1.0 cup 20. 11683 Carrot, dehydrated 74.0 1.0 cup 10. 11696 Carrots, chydrated 15.0 1.0 larg 0. 11759 Carrots, canned, no salt added, drained solids 146.0 1.0 cup, sliced 3. 11758 Carrots, canned, regular pack, drained solids 146.0 1.0 cup, sliced 3. 11126 Carrots, canned, regular pack, drained solids 146.0 1.0 cup, sliced 3. 11175 Carrots, canned, regular pack, drained solids 146.0 1.0 cup, sliced 3. 11175 Carrots, canned, regular pack, drained solids 9.7 1.0 thsp 0. 11175 Carrots, canced, boiled, drained, without salt 9.7 1.0 thsp 0. 11176 Carrots, frozen, cooked, boiled, drained, without salt 146.0 1.0 cup slices 3. 11131 Carrots, frozen, cooked, boiled, drained, without salt 146.0 0.5 cup slices <td>36043</td> <td>CARRABBA'S ITALIAN GRILL, lasagne</td> <td>437.0</td> <td>1.0 serving</td> <td>3.5</td>	36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	3.5
11655 Carrot juice, canned 236.0 1.0 cup 20.0 11683 Carrot, dehydrated 74.0 1.0 cup 10.0 11960 Carrots, baby, raw 15.0 1.0 large 0.0 11759 Carrots, canned, no salt added, drained solids 146.0 1.0 cup, sliced 3.0 11758 Carrots, canned, no salt added, solids and liquids 123.0 0.5 cup slices 2.2 11128 Carrots, canned, regular pack, drained solids 146.0 1.0 cup, sliced 3.3 11126 Carrots, canned, regular pack, solids and liquids 123.0 0.5 cup slices 2.2 11757 Carrots, cooked, boiled, drained, with salt 9.7 1.0 thsp 0.0 11125 Carrots, cooked, boiled, drained, with salt 146.0 1.0 cup slices 3.3 11126 Carrots, frozen, cooked, boiled, drained, without salt 146.0 1.0 cup slices 3.3 11131 Carrots, frozen, cooked, boiled, drained, without salt 146.0 1.0 cup, slices 3.3 11132 Carrots, frozen, cooked, boiled, drained, without salt 146.0	36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	4.3
11683 Carrot, dehydrated 74.0 1.0 cup 10.0 11960 Carrots, baby, raw 15.0 1.0 large 0.0 11759 Carrots, canned, no salt added, drained solids 146.0 1.0 cup, siced 3. 11758 Carrots, canned, no salt added, solids and liquids 123.0 0.5 cup slices 2. 11126 Carrots, canned, regular pack, drained solids 146.0 1.0 cup, siced 3. 11126 Carrots, cooked, boiled, drained, with salt 9.7 1.0 tbsp 0. 11257 Carrots, cooked, boiled, drained, with salt 9.7 1.0 tbsp 0. 11260 Carrots, frozen, cooked, boiled, drained, with salt 146.0 1.0 cup slices 2. 11127 Carrots, frozen, cooked, boiled, drained, with salt 146.0 1.0 cup, sliced 3. 11128 Carrots, frozen, cooked, boiled, drained, without salt 146.0 1.0 cup, sliced 3. 11130 Carrots, frozen, cooked, boiled, drained, without salt 146.0 1.0 cup, sliced 3. 11131 Carsav, frozen, cooked, boiled, drained, without salt	36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	4.9
11960 Carrots, baby, raw 15.0 1.0 large 0.0 11759 Carrots, canned, no salt added, drained solids 146.0 1.0 cup, sliced 3. 11758 Carrots, canned, no salt added, solids and liquids 123.0 0.5 cup slices 2. 11126 Carrots, canned, regular pack, drained solids 146.0 1.0 cup, sliced 3. 11126 Carrots, canned, regular pack, solids and liquids 123.0 0.5 cup slices 2. 11757 Carrots, canned, regular pack, solids and liquids 123.0 0.5 cup slices 2. 11757 Carrots, canned, regular pack, solids and liquids 123.0 0.5 cup slices 2. 11757 Carrots, cooked, boiled, drained, with salt 9.7 1.0 tbsp 0. 11760 Carrots, frozen, cooked, boiled, drained, without salt 146.0 1.0 cup, sliced 3. 11131 Carrots, frozen, cooked, boiled, drained, without salt 146.0 1.0 cup, sliced 3. 11132 Carrots, frozen, unprepared 64.0 0.5 cup chopped 7. 11134 Cassava, raw 206.0	11655	Carrot juice, canned	236.0	1.0 cup	20.1
11759 Carrots, canned, no salt added, drained solids 146.0 1.0 cup, sliced 3. 11758 Carrots, canned, no salt added, solids and liquids 123.0 0.5 cup slices 2. 11128 Carrots, canned, regular pack, drained solids 146.0 1.0 cup, sliced 3. 11126 Carrots, canned, regular pack, solids and liquids 123.0 0.5 cup slices 2. 11757 Carrots, cooked, boiled, drained, with salt 9.7 1.0 tbsp 0. 11125 Carrots, cooked, boiled, drained, with salt 146.0 1.0 cup slices 3. 11130 Carrots, frozen, cooked, boiled, drained, with salt 146.0 1.0 cup, sliced 3. 11131 Carrots, frozen, cooked, boiled, drained, without salt 146.0 1.0 cup, sliced 3. 11131 Carrots, frozen, unprepared 64.0 0.5 cup slices 1. 11132 Carrots, frozen, unprepared 64.0 0.5 cup slices 1. 11134 Cassava, raw 128.0 1.0 cup chopped 7. 11194 Catsup 1.0 cup 1.0 tbsp <t< td=""><td>11683</td><td>Carrot, dehydrated</td><td>74.0</td><td>1.0 cup</td><td>10.8</td></t<>	11683	Carrot, dehydrated	74.0	1.0 cup	10.8
11758 Carrots, canned, no salt added, solids and liquids 123.0 0.5 cup slices 2. 11128 Carrots, canned, regular pack, drained solids 146.0 1.0 cup, sliced 3. 11126 Carrots, canned, regular pack, solids and liquids 123.0 0.5 cup slices 2. 11757 Carrots, cooked, boiled, drained, with salt 9.7 1.0 tbsp 0. 11125 Carrots, cooked, boiled, drained, without salt 9.7 1.0 tbsp 0. 11760 Carrots, frozen, cooked, boiled, drained, without salt 146.0 1.0 cup slices 3. 11131 Carrots, frozen, cooked, boiled, drained, without salt 146.0 1.0 cup, sliced 3. 11130 Carrots, frozen, unprepared 64.0 0.5 cup slices 1. 11124 Carrots, raw 128.0 1.0 cup chopped 7. 11134 Cassava, raw 206.0 1.0 cup 42. 11935 Catsup 17.0 1.0 tbsp 0. 11949 Catsup, low sodium 17.0 1.0 tbsp 0. 35195 <t< td=""><td>11960</td><td>Carrots, baby, raw</td><td>15.0</td><td>1.0 large</td><td>0.4</td></t<>	11960	Carrots, baby, raw	15.0	1.0 large	0.4
11128 Carrots, canned, regular pack, drained solids 146.0 1.0 cup, sliced 3. 11126 Carrots, canned, regular pack, solids and liquids 123.0 0.5 cup slices 2. 11757 Carrots, cooked, boiled, drained, with salt 9.7 1.0 tbsp 0. 11125 Carrots, cooked, boiled, drained, without salt 9.7 1.0 tbsp 0. 11760 Carrots, frozen, cooked, boiled, drained, without salt 146.0 1.0 cup slices 3. 11131 Carrots, frozen, cooked, boiled, drained, without salt 146.0 1.0 cup, sliced 3. 11130 Carrots, frozen, unprepared 64.0 0.5 cup slices 1. 11124 Carrots, frozen, unprepared 64.0 0.5 cup slices 1. 11134 Cassava, raw 206.0 1.0 cup chopped 7. 11935 Catsup 17.0 1.0 tbsp 0. 11949 Catsup, low sodium 17.0 1.0 tbsp 0. 15195 Cattail, Narrow Leaf Shoots (Northern Plains Indians) 19.0 1.0 shoot 0. 1176	11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	3.9
Ill126 Carrots, canned, regular pack, solids and liquids 123.0 0.5 cup slices 2. 11757 Carrots, cooked, boiled, drained, with salt 9.7 1.0 tbsp 0. 11125 Carrots, cooked, boiled, drained, without salt 9.7 1.0 tbsp 0. 11760 Carrots, frozen, cooked, boiled, drained, without salt 146.0 1.0 cup slices 3. 11131 Carrots, frozen, cooked, boiled, drained, without salt 146.0 0.5 cup slices 3. 11130 Carrots, frozen, unprepared 64.0 0.5 cup slices 1. 11124 Carrots, raw 128.0 1.0 cup chopped 7. 11134 Cassava, raw 206.0 1.0 cup chopped 7. 11935 Catsup 17.0 1.0 tbsp 0. 11949 Catsup, low sodium 17.0 1.0 tbsp 0. 11949 Catsul, Narrow Leaf Shoots (Northern Plains Indians) 19.0 1.0 tbsp 0. 11761 Cauliflower, cooked, boiled, drained, with salt 62.0 0.5 cup (1" pieces) 27. 11136	11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	2.5
11757 Carrots, cooked, boiled, drained, with salt 9.7 1.0 tbsp 0. 11125 Carrots, cooked, boiled, drained, without salt 9.7 1.0 tbsp 0. 11760 Carrots, frozen, cooked, boiled, drained, with salt 146.0 1.0 cup slices 3. 11131 Carrots, frozen, cooked, boiled, drained, without salt 146.0 0.5 cup slices 3. 11130 Carrots, frozen, unprepared 64.0 0.5 cup slices 1. 11124 Carrots, raw 128.0 1.0 cup chopped 7. 1134 Cassava, raw 206.0 1.0 cup 42. 11935 Catsup 17.0 1.0 tbsp 0. 11949 Catsup, low sodium 17.0 1.0 tbsp 0. 35195 Cattail, Narrow Leaf Shoots (Northern Plains Indians) 19.0 1.0 shoot 0. 11761 Cauliflower, cooked, boiled, drained, with salt 62.0 0.5 cup (1" pieces) 27. 11762 Cauliflower, frozen, cooked, boiled, drained, without salt 180.0 1.0 cup (1" pieces) 56. 11138 Cauliflower, frozen, cooked, boiled, drained, without salt 180.0 1.0	11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	3.9
11125 Carrots, cooked, boiled, drained, without salt 9.7 1.0 tbsp 0.0 11760 Carrots, frozen, cooked, boiled, drained, with salt 146.0 1.0 cup slices 3. 11131 Carrots, frozen, cooked, boiled, drained, without salt 146.0 1.0 cup, sliced 3. 11130 Carrots, frozen, unprepared 64.0 0.5 cup slices 1. 11124 Carrots, raw 128.0 1.0 cup chopped 7. 1134 Cassava, raw 206.0 1.0 cup 42. 11935 Catsup 17.0 1.0 tbsp 0. 11949 Catsup, low sodium 17.0 1.0 tbsp 0. 35195 Cattail, Narrow Leaf Shoots (Northern Plains Indians) 19.0 1.0 shoot 0. 11761 Cauliflower, cooked, boiled, drained, with salt 62.0 0.5 cup (1" pieces) 27. 11762 Cauliflower, frozen, cooked, boiled, drained, with salt 180.0 1.0 cup (1" pieces) 56. 11138 Cauliflower, frozen, cooked, boiled, drained, without salt 180.0 1.0 cup (1" pieces) 56. 11137 Cauliflower, frozen, unprepared 66.0 0.5	11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	2.5
11760 Carrots, frozen, cooked, boiled, drained, with salt 146.0 1.0 cup slices 3. 11131 Carrots, frozen, cooked, boiled, drained, without salt 146.0 1.0 cup, sliced 3. 11130 Carrots, frozen, unprepared 64.0 0.5 cup slices 1. 11124 Carrots, raw 128.0 1.0 cup chopped 7. 11134 Cassava, raw 206.0 1.0 cup 42. 11935 Catsup 17.0 1.0 tbsp 0. 11949 Catsup, low sodium 17.0 1.0 tbsp 0. 35195 Cattail, Narrow Leaf Shoots (Northern Plains Indians) 19.0 1.0 shoot 0. 11761 Cauliflower, cooked, boiled, drained, with salt 62.0 0.5 cup (1" pieces) 27. 11136 Cauliflower, cooked, boiled, drained, without salt 180.0 1.0 cup (1" pieces) 56. 11138 Cauliflower, frozen, cooked, boiled, drained, without salt 180.0 1.0 cup (1" pieces) 56. 11137 Cauliflower, frozen, unprepared 66.0 0.5 cup (1" pieces) 32.	11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0.3
11131 Carrots, frozen, cooked, boiled, drained, without salt 146.0 1.0 cup, sliced 3. 11130 Carrots, frozen, unprepared 64.0 0.5 cup slices 1. 11124 Carrots, raw 128.0 1.0 cup chopped 7. 11134 Cassava, raw 206.0 1.0 cup 42. 11935 Catsup 17.0 1.0 tbsp 0. 11949 Catsup, low sodium 17.0 1.0 tbsp 0. 35195 Cattail, Narrow Leaf Shoots (Northern Plains Indians) 19.0 1.0 shoot 0. 11761 Cauliflower, cooked, boiled, drained, with salt 62.0 0.5 cup (1" pieces) 27. 11136 Cauliflower, frozen, cooked, boiled, drained, without salt 62.0 0.5 cup (1" pieces) 56. 11138 Cauliflower, frozen, cooked, boiled, drained, without salt 180.0 1.0 cup (1" pieces) 56. 11137 Cauliflower, frozen, unprepared 66.0 0.5 cup (1" pieces) 32.	11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0.3
11130 Carrots, frozen, unprepared 64.0 0.5 cup slices 1. 11124 Carrots, raw 128.0 1.0 cup chopped 7. 11134 Cassava, raw 206.0 1.0 cup 42. 11935 Catsup 17.0 1.0 tbsp 0. 11949 Catsup, low sodium 17.0 1.0 tbsp 0. 35195 Cattail, Narrow Leaf Shoots (Northern Plains Indians) 19.0 1.0 shoot 0. 11761 Cauliflower, cooked, boiled, drained, with salt 62.0 0.5 cup (1" pieces) 27. 11136 Cauliflower, frozen, cooked, boiled, drained, with salt 180.0 1.0 cup (1" pieces) 56. 11138 Cauliflower, frozen, cooked, boiled, drained, without salt 180.0 1.0 cup (1" pieces) 56. 11137 Cauliflower, frozen, unprepared 66.0 0.5 cup (1" pieces) 32.	11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	3.4
11124 Carrots, raw 128.0 1.0 cup chopped 7. 11134 Cassava, raw 206.0 1.0 cup 42. 11935 Catsup 17.0 1.0 tbsp 0. 11949 Catsup, low sodium 17.0 1.0 tbsp 0. 35195 Cattail, Narrow Leaf Shoots (Northern Plains Indians) 19.0 1.0 shoot 0. 11761 Cauliflower, cooked, boiled, drained, with salt 62.0 0.5 cup (1" pieces) 27. 1136 Cauliflower, cooked, boiled, drained, with salt 180.0 1.0 cup (1" pieces) 56. 1138 Cauliflower, frozen, cooked, boiled, drained, without salt 180.0 1.0 cup (1" pieces) 56. 11137 Cauliflower, frozen, unprepared 66.0 0.5 cup (1" pieces) 32.	11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	3.4
11134 Cassava, raw 206.0 1.0 cup 42. 11935 Catsup 17.0 1.0 tbsp 0. 11949 Catsup, low sodium 17.0 1.0 tbsp 0. 35195 Cattail, Narrow Leaf Shoots (Northern Plains Indians) 19.0 1.0 shoot 0. 11761 Cauliflower, cooked, boiled, drained, with salt 62.0 0.5 cup (1" pieces) 27. 11762 Cauliflower, frozen, cooked, boiled, drained, with salt 180.0 1.0 cup (1" pieces) 56. 11138 Cauliflower, frozen, cooked, boiled, drained, without salt 180.0 1.0 cup (1" pieces) 56. 11137 Cauliflower, frozen, unprepared 66.0 0.5 cup (1" pieces) 32.	11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	1.6
11935 Catsup 17.0 1.0 tbsp 0. 11949 Catsup, low sodium 17.0 1.0 tbsp 0. 35195 Cattail, Narrow Leaf Shoots (Northern Plains Indians) 19.0 1.0 shoot 0. 11761 Cauliflower, cooked, boiled, drained, with salt 62.0 0.5 cup (1" pieces) 27. 11136 Cauliflower, cooked, boiled, drained, without salt 62.0 0.5 cup (1" pieces) 26. 11762 Cauliflower, frozen, cooked, boiled, drained, with salt 180.0 1.0 cup (1" pieces) 56. 11138 Cauliflower, frozen, cooked, boiled, drained, without salt 180.0 1.0 cup (1" pieces) 56. 11137 Cauliflower, frozen, unprepared 66.0 0.5 cup (1" pieces) 32.	11124	Carrots, raw	128.0	1.0 cup chopped	7.6
11949 Catsup, low sodium 17.0 1.0 tbsp 0. 35195 Cattail, Narrow Leaf Shoots (Northern Plains Indians) 19.0 1.0 shoot 0. 11761 Cauliflower, cooked, boiled, drained, with salt 62.0 0.5 cup (1" pieces) 27. 11136 Cauliflower, cooked, boiled, drained, without salt 62.0 0.5 cup (1" pieces) 27. 11762 Cauliflower, frozen, cooked, boiled, drained, with salt 180.0 1.0 cup (1" pieces) 56. 11138 Cauliflower, frozen, cooked, boiled, drained, without salt 180.0 1.0 cup (1" pieces) 56. 11137 Cauliflower, frozen, unprepared 66.0 0.5 cup (1" pieces) 32.	11134	Cassava, raw	206.0	1.0 cup	42.4
35195Cattail, Narrow Leaf Shoots (Northern Plains Indians)19.01.0 shoot0.11761Cauliflower, cooked, boiled, drained, with salt62.00.5 cup (1" pieces)27.11136Cauliflower, cooked, boiled, drained, without salt62.00.5 cup (1" pieces)27.11762Cauliflower, frozen, cooked, boiled, drained, with salt180.01.0 cup (1" pieces)56.11138Cauliflower, frozen, cooked, boiled, drained, without salt180.01.0 cup (1" pieces)56.11137Cauliflower, frozen, unprepared66.00.5 cup (1" pieces)32.	11935	Catsup	17.0	1.0 tbsp	0.7
Cauliflower, cooked, boiled, drained, with salt Cauliflower, cooked, boiled, drained, without salt Cauliflower, cooked, boiled, drained, without salt Cauliflower, frozen, cooked, boiled, drained, with salt 180.0 1.0 cup (1" pieces) Cauliflower, frozen, cooked, boiled, drained, without salt 180.0 1.0 cup (1" pieces) 56. Cauliflower, frozen, cooked, boiled, drained, without salt Cauliflower, frozen, unprepared 66.0 0.5 cup (1" pieces) 56. 11137 Cauliflower, frozen, unprepared 66.0 0.5 cup (1" pieces) 32.	11949	Catsup, low sodium	17.0	1.0 tbsp	0.7
Cauliflower, cooked, boiled, drained, without salt Cauliflower, frozen, cooked, boiled, drained, with salt 180.0 1.0 cup (1" pieces) Cauliflower, frozen, cooked, boiled, drained, with salt 180.0 1.10 cup (1" pieces) Cauliflower, frozen, cooked, boiled, drained, without salt Cauliflower, frozen, unprepared 66.0 0.5 cup (1" pieces) 32.	35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	19.0	1.0 shoot	0.1
Cauliflower, frozen, cooked, boiled, drained, with salt 180.0 1.0 cup (1" pieces) 56. 11138 Cauliflower, frozen, cooked, boiled, drained, without salt 180.0 1.0 cup (1" pieces) 56. 11137 Cauliflower, frozen, unprepared 66.0 0.5 cup (1" pieces) 32.	11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	27.5
Cauliflower, frozen, cooked, boiled, drained, without salt 180.0 1.0 cup (1" pieces) 56. Cauliflower, frozen, unprepared 66.0 0.5 cup (1" pieces) 32.	11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	27.5
11137 Cauliflower, frozen, unprepared 66.0 0.5 cup (1" pieces) 32.	11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	56.3
	11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	56.3
	11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	32.2
Cauliflower, green, cooked, no salt added 90.0 0.2 head 65.	11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	65.3

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	45.0
11965	Cauliflower, green, raw	64.0	1.0 cup	56.4
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	51.6
11763	Celeriac, cooked, boiled, drained, with salt	155.0	1.0 cup pieces	5.6
11142	Celeriac, cooked, boiled, drained, without salt	155.0	1.0 cup pieces	5.6
11141	Celeriac, raw	156.0	1.0 cup	12.5
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	9.2
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	9.2
11143	Celery, raw	101.0	1.0 cup chopped	3.1
11145	Celtuce, raw	8.0	1.0 leaf	1.6
43218	Cereals ready-to-eat, ALPEN	55.0	0.67 cup (1 NLEA serving)	4.8
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	15.0
08681	Cereals ready-to-eat, CASCADIAN FARM, Cinnamon Crunch	27.0	0.75 cup (1 NLEA serving)	0.0
08684	Cereals ready-to-eat, CASCADIAN FARM, Honey Nut O's	30.0	1.0 cup (1 NLEA serving)	0.0
08683	Cereals ready-to-eat, CASCADIAN FARM, Multi-Grain Squares	53.0	1.0 cup (1 NLEA serving)	0.0
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	30.0	1.0 cup	15.9
43241	Cereals ready-to-eat, FAMILIA	122.0	1.0 cup	0.7
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	30.0	0.75 cup (1 NLEA serving)	6.0
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	28.0	1.0 bowl (3/4 cup) (1 NLEA serving)	4.8
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	28.0	1.0 cup	4.8
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.0	0.75 cup (1 NLEA serving)	6.0
08678	Cereals ready-to-eat, GENERAL MILLS, Apple Cinnamon CHEX	31.0	0.75 cup (1 NLEA serving)	6.0
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.0	1.0 cup (1 NLEA serving)	0.2
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	6.2
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	6.0
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	33.0	1.0 cup (1 NLEA serving)	6.0
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	6.0
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	28.0	0.75 cup (1 NLEA serving)	15.0
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	15.0
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	30.0	0.75 cup (1 NLEA serving)	6.0
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	32.0	0.75 cup (1 NLEA serving)	5.5
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	28.0	0.75 cup (1 NLEA serving)	6.0
08666	Cereals ready-to-eat, GENERAL MILLS, Cinnamon Burst CHEERIOS	32.0	1.0 cup (1 NLEA serving)	15.0
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	6.0
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	6.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	6.0
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	30.0	1.0 cup (1 NLEA serving)	6.0
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	6.0
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	31.0	1.0 cup (1 NLEA serving)	6.0
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	6.0
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	27.0	0.75 cup (1 NLEA serving)	6.0
08671	Cereals ready-to-eat, GENERAL MILLS, Dulce De Leche CHEERIOS	27.0	0.75 cup (1 NLEA serving)	15.0
08669	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Chocolate Squares	30.0	0.75 cup (1 NLEA serving)	6.0
08651	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE 80 Calories, Honey Squares	30.0	0.75 cup (1 NLEA serving)	6.0
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30.0	0.5 cup (1 NLEA serving)	6.0
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	50.0	1.0 cup (1 NLEA serving)	6.0
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	52.0	1.0 cup (1 NLEA serving)	6.0
08668	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Nutty Clusters & Dimonds	55.0	1.0 cup (1 NLEA serving)	6.0
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	55.0	1.0 cup (1 NLEA serving)	6.0
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	33.0	1.0 cup (1 NLEA serving)	6.0
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	27.0	0.75 cup (1 NLEA serving)	6.0
08679	Cereals ready-to-eat, GENERAL MILLS, FROSTED TOAST CRUNCH	30.0	0.75 cup (1 NLEA serving)	6.0
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	15.0
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	6.0
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	9.0
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	6.0
08670	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS, MEDLEY CRUNCH	30.0	0.75 cup (1 NLEA serving)	5.8
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	6.0
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	57.0	1.0 cup (1 NLEA serving)	6.0
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	7.6
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	7.2
08682	Cereals ready-to-eat, GENERAL MILLS, Multi Grain CHEERIOS, Peanut Butter	28.0	0.75 cup (1 NLEA serving)	6.0
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	29.0	1.0 cup (1 NLEA serving)	6.0
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	55.0	0.667 cup (1 NLEA serving)	0.4
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	27.0	0.75 cup (1 NLEA serving)	6.0
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	60.0	1.0 cup (1 NLEA serving)	0.0
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	62.0	1.0 cup (1 NLEA serving)	0.2
08634	Cereals ready-to-eat, GENERAL MILLS, PEANUT BUTTER TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	6.0
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	0.1
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	6.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	6.0
08370	Cereals ready-to-eat, GENERAL MILLS, RICE CRUNCHINS	21.0	1.0 bowl (3/4 cup) (1 NLEA serving)	9.0
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	0.0
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	32.0	1.0 cup (1 NLEA serving)	6.0
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	6.0
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	6.0
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	60.0
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	1.5
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	31.0	0.75 cup (1 NLEA serving)	1.3
08537	Cereals ready-to-eat, KASHI 7 Whole Grain Flakes	50.0	1.0 cup (1 NLEA serving)	0.0
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	30.0	1.0 cup (1 NLEA serving)	0.0
08567	Cereals ready-to-eat, KASHI 7 Whole Grain Nuggets	58.0	0.5 cup (1 NLEA serving)	0.0
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	19.0	1.0 cup (1 NLEA serving)	0.0
08608	Cereals ready-to-eat, KASHI Berry Blossom	30.0	0.75 cup (1 NLEA serving)	1.8
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53.0	0.67 Cup (1 NLEA serving)	0.5
08393	Cereals ready-to-eat, KASHI GOLEAN	52.0	1.0 cup (1 NLEA serving)	0.0
08649	Cereals ready-to-eat, KASHI GOLEAN CRISP Cinnamon Crumble	51.0	0.75 cup (1 NLEA serving)	0.5
08589	Cereals ready-to-eat, KASHI GOLEAN CRISP Toasted Berry Crumble	51.0	0.75 cup (1 NLEA serving)	0.5
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	53.0	0.75 Cup (1 NLEA serving)	0.5
08705	Cereals ready-to-eat, KASHI GOLEAN Vanilla Graham Clusters	51.0	1.0 Cup (1 NLEA serving)	0.0
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	53.0	1.0 cup (1 NLEA serving)	0.0
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	33.0	0.75 cup (1 NLEA serving)	30.0
08590	Cereals ready-to-eat, KASHI HEART TO HEART, Warm Cinnamon	33.0	0.75 cup (1 NLEA serving)	30.0
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	0.0
08647	Cereals ready-to-eat, KASHI INDIGO MORNING	27.0	0.75 cup (1 NLEA serving)	1.1
08663	Cereals ready-to-eat, KASHI ORGANIC PROMISE, Berry Fruitful	55.0	29.0 biscuits (1 NLEA serving)	0.0
08539	Cereals ready-to-eat, KASHI ORGANIC PROMISE, CINNAMON HARVEST	55.0	28.0 biscuits (1 NLEA serving)	0.0
08591	Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA	55.0	27.0 biscuits (1 NLEA serving)	0.0
08697	Cereals ready-to-eat, KASHI ORGANIC PROMISE, RAISIN VINEYARD	50.0	0.75 Cup (1 NLEA serving)	0.5
08463	Cereals ready-to-eat, KASHI ORGANIC PROMISE, STRAWBERRY FIELDS	55.0	1.0 cup (1 NLEA serving)	10.4
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Dueberry Clusters	55.0	1.0 cup (1 NLEA serving)	30.2
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	54.0	29.0 biscuits (1 NLEA serving)	0.0
08700	Cereals ready-to-eat, KELLOGG RAISIN BRAN with Omega-3 from flaxseed	53.0	1.0 Cup (1 NLEA serving)	1.1
08706	Cereals ready-to-eat, KELLOGG SCOOBY-DOO! cereal	32.0	1.0 Cup (1 NLEA serving)	15.0
08660	Cereals ready-to-eat, KELLOGG'S APPLE JACKS with marshmallows	28.0	1.0 cup (1 NLEA serving)	15.1

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08661	Cereals ready-to-eat, KELLOGG'S CINNAMON JACKS	28.0	1.0 cup (1 NLEA serving)	15.1
08615	Cereals ready-to-eat, KELLOGG'S CRUNCHY NUT Golden Honey Nut flakes	31.0	0.75 cup (1 NLEA serving)	6.2
08659	Cereals ready-to-eat, KELLOGG'S FROSTED FLAKES, CHOCO ZUCARITAS	30.0	0.75 cup (1 NLEA serving)	6.0
08617	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Bite Size Blueberry Muffin	55.0	25.0 biscuits (1 NLEA serving)	0.0
08631	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS LITTLE BITES, chocolate	56.0	1.0 cup (1 NLEA serving)	0.0
08708	Cereals ready-to-eat, KELLOGG's FROSTED MINI-WHEATS Touch of Fruit in the Middle, raisin	55.0	24.0 Biscuits (1 NLEA serving)	0.0
08677	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS Touch of Fruit in the Middle, Raspberry	55.0	24.0 biscuits (1 NLEA serving)	0.0
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	58.0	7.0 biscuit (1 NLEA serving)	0.0
08652	Cereals ready-to-eat, KELLOGG'S KRAVE chocolate cereal	31.0	0.75 cup (1 NLEA serving)	14.9
08658	Cereals ready-to-eat, KELLOGG'S KRAVE double chocolate cereal	30.0	0.75 cup (1 NLEA serving)	15.0
08699	Cereals ready-to-eat, KELLOGG'S KRAVE Smores	31.0	0.75 Cup (1 NLEA serving)	14.9
08653	Cereals ready-to-eat, KELLOGG'S RICE KRISPIES, Gluten Free	30.0	1.0 cup (1 NLEA serving)	15.0
08707	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolate Almond	28.0	0.67 Cup (1 NLEA serving)	21.0
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	21.1
08613	Cereals ready-to-eat, KELLOGG'S SPECIAL K Multigrain Oats and Honey	29.0	0.666 cup (1 NLEA serving)	20.9
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	55.0	25.0 biscuits (1 NLEA serving)	0.0
08459	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS, Maple & Brown Sugar, Bite Size	55.0	25.0 biscuits (1 NLEA serving)	0.0
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	6.0
08710	Cereals ready-to-eat, KELLOGG'S, SPECIAL K gluten free, touch of brown sugar	49.0	1.0 Cup (1 NLEA serving)	18.1
08471	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Protein Plus	32.0	0.75 cup (1 NLEA serving)	21.1
08711	Cereals ready-to-eat, KELLOGG'S, SPECIAL K protein, cinnamon brown sugar crunch	31.0	0.75 Cup (1 NLEA serving)	21.1
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	30.0	0.75 cup (1 NLEA serving)	21.0
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	6.0
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29.0	0.75 cup (1 NLEA serving)	60.0
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	6.2
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	15.1
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	30.0	1.0 cup (1 NLEA serving)	19.5
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	14.9
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	5.9
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	6.0
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	15.2
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.0	1.0 cup (1 NLEA serving)	6.1
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	15.1
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	7.3
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	54.0	21.0 biscuits (1 NLEA serving)	0.0

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08695	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, little bites	56.0	1.0 Cup (1 NLEA serving)	0.0
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	15.0
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	30.0	0.75 cup (1 NLEA serving)	6.0
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27.0	0.75 cup (1 NLEA serving)	5.9
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	2.4
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	49.0	0.5 cup (1 NLEA serving)	2.9
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	15.1
08384	Cereals ready-to-eat, KELLOGG, KELLOGG'S MINI-WHEATS, unfrosted bite size	55.0	30.0 biscuits (1 NLEA serving)	0.0
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	0.2
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	60.0
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	0.0
08712	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN with cranberries	59.0	1.25 Cups (1 NLEA serving)	0.0
08696	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN, Cinnamon Almond	58.0	1.25 cup (1 NLEA serving)	1.2
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	20.9
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.0	0.75 cup (1 NLEA serving)	6.0
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	50.0	1.0 cup (1 NLEA serving)	15.0
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.0	1.0 cup (1 NLEA serving)	21.1
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	30.0	0.75 cup (1 NLEA serving)	21.0
08453	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Chocolatey Strawberry	29.0	0.75 Cup (1 NLEA serving)	20.9
08587	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Low Fat Granola	52.0	0.5 cup (1 NLEA serving)	0.5
08701	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Multi-grain	31.0	1.0 Cup (1 NLEA serving)	21.1
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	31.0	1.0 cup (1 NLEA serving)	21.1
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	21.0
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	53.0	1.0 cup (1 NLEA serving)	1.1
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Camp; Yogurt	32.0	0.75 cup (1 NLEA serving)	21.1
08493	Cereals ready-to-eat, MALT-O-MEAL, Apple ZINGS	33.0	1.0 cup (1 NLEA serving)	6.0
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	6.0
08487	Cereals ready-to-eat, MALT-O-MEAL, Blueberry MUFFIN TOPS Cereal	30.0	0.75 cup (1 NLEA serving)	7.5
08672	Cereals ready-to-eat, MALT-O-MEAL, CHOCOLATE MARSHMALLOW MATEYS	30.0	0.75 cup (1 NLEA serving)	4.8
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.0	0.75 cup (1 NLEA serving)	6.0
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	30.0	0.75 cup (1 NLEA serving)	6.0
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	29.0	0.75 cup (1 NLEA serving)	0.0
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	6.0
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	31.0	1.0 cup (1 NLEA serving)	15.0
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	33.0	1.25 cup (1 NLEA serving)	6.0

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08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	31.0	0.75 cup (1 NLEA serving)	6.0
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	0.0
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	27.0	0.75 cup	0.3
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	7.5
08476	Cereals ready-to-eat, MALT-O-MEAL, Honey BUZZERS	29.0	1.333 cup	6.0
08481	Cereals ready-to-eat, MALT-O-MEAL, HONEY GRAHAM SQUARES	30.0	0.75 cup (1 NLEA serving)	9.0
08676	Cereals ready-to-eat, MALT-O-MEAL, Honey Nut SCOOTERS	30.0	1.0 cup (1 NLEA serving)	6.0
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	6.0
08674	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey	30.0	0.75 cup (1 NLEA serving)	6.0
08675	Cereals ready-to-eat, MALT-O-MEAL, OAT BLENDERS with honey & amp; almonds	30.0	0.75 cup (1 NLEA serving)	8.9
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.0
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	6.0
08491	Cereals ready-to-eat, MOM'S BEST, Honey Nut TOASTY O'S	30.0	1.0 cup (1 NLEA serving)	0.0
08709	Cereals ready-to-eat, MOM'S BEST, Sweetened WHEAT-FULS	55.0	1.0 cup (1 NLEA serving)	0.0
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	0.0
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	55.0	0.75 cup (1 NLEA serving)	0.2
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	50.0	1.0 cup (1 NLEA serving)	60.0
08029	Cereals ready-to-eat, POST Bran Flakes	30.0	0.75 cup (1 NLEA serving)	0.0
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	59.0	1.0 cup (1 NLEA serving)	0.1
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	48.0	0.75 cup (1 NLEA serving)	12.0
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	30.0	0.75 cup (1 NLEA serving)	0.1
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.5
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	0.5
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	0.1
08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.0	1.0 cup (1 NLEA serving for adults)	6.0
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	0.0
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	27.0	0.75 cup (1 NLEA serving)	6.0
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	27.0	0.75 cup (1 NLEA serving)	0.0
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	0.1
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	29.0	0.75 cup (1 NLEA serving)	0.0
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	0.1
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & D	55.0	0.75 cup (1 NLEA serving)	0.3
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	0.0
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	0.0
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	29.0	0.75 cup (1 NLEA serving)	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	32.0	0.75 cup (1 NLEA serving)	0.0
08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	31.0	0.75 cup (1 NLEA serving)	4.8
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	59.0	1.0 cup (1 NLEA serving)	0.0
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	0.0
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59.0	1.25 cup (1 NLEA serving)	0.0
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	52.0	1.0 cup (1 NLEA serving)	0.0
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	0.0
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	0.0
08305	Cereals ready-to-eat, Post, Waffle Crisp	30.0	1.0 cup (1 NLEA serving)	0.0
08632	Cereals ready-to-eat, QUAKER Oatmeal Squares, Golden Maple	56.0	1.0 cup (1 NLEA serving)	6.4
08685	Cereals ready-to-eat, QUAKER WHOLE HEARTS oat cereal	28.0	0.75 cup (1 NLEA serving)	20.0
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	48.0	0.5 cup (1 NLEA serving)	0.1
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.0	0.75 cup (1 NLEA serving)	0.0
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26.0	0.75 cup (1 NLEA serving)	0.0
08625	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S Halloween Crunch	26.0	0.75 cup (1 NLEA serving)	0.0
08629	Cereals ready-to-eat, QUAKER, Cap'n Crunch's OOPS! All Berries Cereal	32.0	1.0 cup (1 NLEA serving)	0.1
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27.0	0.75 cup (1 NLEA serving)	0.0
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	26.0	0.75 cup (1 NLEA serving)	0.0
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	27.0	0.75 cup (1 NLEA serving)	9.8
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	31.0	1.5 cup (1 NLEA serving)	12.4
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	55.0	0.666 cup (1 NLEA serving)	0.2
08628	Cereals ready-to-eat, QUAKER, Maple Brown Sugar LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	0.0
08353	Cereals ready-to-eat, QUAKER, MOTHER'S Cinnamon Oat Crunch	60.0	1.0 cup (1 NLEA serving)	0.5
08355	Cereals ready-to-eat, QUAKER, MOTHER'S COCOA BUMPERS	33.0	1.0 cup (1 NLEA serving)	0.1
08354	Cereals ready-to-eat, QUAKER, MOTHER'S GRAHAM BUMPERS	28.0	0.75 cup (1 NLEA serving)	0.1
08351	Cereals ready-to-eat, QUAKER, MOTHER'S PEANUT BUTTER BUMPERS Cereal	33.0	1.0 cup (1 NLEA serving)	0.0
08352	Cereals ready-to-eat, QUAKER, MOTHER'S Toasted Oat Bran cereal	32.0	0.75 cup (1 NLEA serving)	0.0
08627	Cereals ready-to-eat, QUAKER, Natural Granola Apple Cranberry Almond	49.0	0.5 cup (1 NLEA serving)	1.5
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	56.0	1.0 cup (1 NLEA serving)	6.4
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	56.0	1.0 cup (1 NLEA serving)	6.7
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51.0	0.5 cup (1 NLEA serving)	0.3
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	0.0
08549	Cereals ready-to-eat, QUAKER, QUAKER Honey Graham LIFE Cereal	32.0	0.75 cup (1 NLEA serving)	0.0
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32.0	0.75 cup (1 NLEA serving)	0.0
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	14.0	0.75 cup (1 NLEA serving)	0.0
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	0.0
08365	Cereals ready-to-eat, QUAKER, Shredded Wheat, bagged cereal	63.0	3.0 biscuits (1 NLEA serving)	0.0
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	27.0	1.0 cup (1 NLEA serving)	0.0
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	57.0	1.25 cup (1 NLEA serving)	6.6
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	5.6
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	18.2
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	21.3
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	6.0
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	69.5
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	6.0
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	0.0
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	14.0	2.0 tbsp (1 NLEA serving)	0.8
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	16.0	0.25 cup (1 NLEA serving)	0.0
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	14.0	2.0 tbsp (1 NLEA serving)	0.8
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	1.3
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	11.2
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	12.9
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	35.0	2.0 biscuits (1 NLEA serving)	0.0
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	55.0	1.0 cup (1 NLEA serving)	0.0
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	1.7
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	0.0
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0.0
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0.0
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0.0
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0.0
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	0.0
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	0.0
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	0.0
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0.0
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	0.0
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0.0
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	0.0
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	0.0
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	0.0
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	0.0
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	0.0
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	0.0
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	0.0
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	0.0
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	0.0
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	0.0
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	0.0
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0.0
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	0.0
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0.0
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	0.0
08562	Cereals, KASHI GO LEAN Hot Cereal, Creamy TRULY VANILLA, dry	40.0	1.0 packet (1 NLEA serving)	0.0
08561	Cereals, KASHI GO LEAN Hot Cereal, Hearty Honey & Dinnamon, dry	40.0	1.0 packet (1 NLEA serving)	0.4
08568	Cereals, KASHI HEART TO HEART, Instant Oatmeal, Apple Cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	0.9
08569	Cereals, KASHI HEART TO HEART, Instant Oatmeal, golden brown maple, dry	43.0	1.0 packet (1 NLEA serving)	0.4
08702	Cereals, KELLOGG'S SPECIAL K NOURISH, Cinnamon Raisin Pecan, dry	52.0	1.0 Container (1 NLEA serving)	12.0
08703	Cereals, KELLOGG'S SPECIAL K NOURISH, Cranberry Almond, dry	52.0	1.0 Container (1 NLEA serving)	12.0
08704	Cereals, KELLOGG'S SPECIAL K NOURISH, Maple Brown Sugar Crunch, dry	52.0	1.0 Container (1 NLEA serving)	12.0
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	0.0
08512	Cereals, MALT-O-MEAL, chocolate, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	0.0
08488	Cereals, MALT-O-MEAL, Farina Hot Wheat Cereal, dry	35.0	3.0 tbsp (1 NLEA serving)	0.0
08489	Cereals, MALT-O-MEAL, Maple & South Sugar Hot Wheat Cereal, dry	45.0	0.25 cup (1 NLEA serving)	0.4
08116	Cereals, MALT-O-MEAL, original, plain, dry	35.0	3.0 tbsp (1 NLEA serving)	0.0
08511	Cereals, MALT-O-MEAL, original, plain, prepared with water, without salt	268.0	1.0 serving (3 T dry cereal plus 1 cup water)	0.0
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	43.0	1.0 packet	0.0
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0.0
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	0.0
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	0.0
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	0.0
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	0.3
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	0.2

Cereals, coats, regular and quick an instant, unenriched, cooked with water (includes boiling and microwaving), with self Cereals, coats, regular and quick, not fortified, day 81.0 1.0 cup 0.0	NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
B8121 Section Salts regular and quick, unemriched, cooked with water (includes builing and microvaving), without salt 2340 1.0 quebet (I NIFA serving) 0.0 18092 Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry 28.0 1.0 packet (I NIFA serving) 0.0 18093 Cereals, QUAKER, corn grits, instant, plain, dry 29.0 1.0 packet (I NIFA serving) 0.0 18093 Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without sult 219.0 1.0 packet (I NIFA serving) 0.0 18316 Cereals, QUAKER, hominy grits, white, capilar, dry 41.0 0.25 cmp (I NIFA serving) 0.0 18449 Cereals, QUAKER, hominy grits, white, capilar, dry 28.0 1.0 packet (I NIFA serving) 0.0 18450 Cereals, QUAKER, Instant Grits, Branch with American Cheese Flavor, dry 28.0 1.0 packet (I NIFA serving) 0.0 18996 Cereals, QUAKER, Instant Grits, Relax Contry Bacon Braver, dry 28.0 1.0 packet (I NIFA serving) 0.0 08450 Cereals, QUAKER, Instant Grits, Relax and Serving and Cimanous Charged sugar 41.0 1.0 packet (I NIFA serving) 0.0 08441 Cereals, QUAKER, Instant Oameal, Apple and Cimanous Frequent segar 41.0 1.0 packet (I NIFA serving) 0.0 08412 Cereals	08180		234.0	1.0 cup	0.0
88121 without sail 2.940 1.0 packet (1 NLEA serving) 0.0 88094 Cercals, QUAKER, corn grits, instant, plais, day 28.0 1.0 packet (1 NLEA serving) 0.0 88095 Cercals, QUAKER, corn grits, instant, plais, day 20.0 1.0 cay 0.0 88134 Cercals, QUAKER, corn grits, instant, plais, day 37.0 0.0 0.25 cup 0.0 8814 Cercals, QUAKER, hominy grits, white, quick, day 37.0 0.0 0.25 cup (1 NLEA serving) 0.0 88140 Cercals, QUAKER, hominy grits, white, quick, day 28.0 1.0 packet (1 NLEA serving) 0.0 88494 Cercals, QUAKER, Instant Grits, Product with American Cheese Flavor, day 28.0 1.0 packet (1 NLEA serving) 0.0 88696 Cercals, QUAKER, Instant Grits, Reduce Grov, day 28.0 1.0 packet (1 NLEA serving) 0.0 98494 Cercals, QUAKER, Instant Grits, Reduce Grov, daruge, Country Ham flavor, day 28.0 1.0 packet (1 NLEA serving) 0.0 98494 Cercals, QUAKER, Instant Oatmeal, Apple and Cimamon, day 41.0 1.0 packet (1 NLEA serving) 0.0 98416 Cercals, QUAKER	08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	0.0
08092 Cereals, QUIAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without slat 219.0 1.0 quaker 0.0 08193 Cereals, QUIAKER, horning grits, white, regular, dry 47.0 2.0 0.0	08121		234.0	1.0 cup	0.0
08093 Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt 2190 1.0 cereals, QUAKER, bominy grits, white, quick, dry 370 0.025 cup (DAEER) 0.0 08314 Cereals, QUAKER, hominy grits, white, regular, dry 410 0.25 cup (I NLEA serving) 0.0 08429 Cereals, QUAKER, Instant Grits, Butter flavor, dry 28.0 1.0 packer (I NLEA serving) 0.0 08096 Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry 28.0 1.0 packer (I NLEA serving) 0.0 08450 Cereals, QUAKER, Instant Grits, Redeyc Gravy & Ampr. Country Ham flavor, dry 28.0 1.0 packer (I NLEA serving) 0.0 08440 Cereals, QUAKER, Instant Grits, Redeyc Gravy & Ampr. Country Ham flavor, dry 28.0 1.0 packer (I NLEA serving) 0.0 08440 Cereals, QUAKER, Instant Ostmeal, Apple and Cimamon, dry 43.0 1.0 packer (I NLEA serving) 0.0 08412 Cereals, QUAKER, Instant Ostmeal, Banama Bread, dry 410 1.0 packer (I NLEA serving) 0.1 08417 Cereals, QUAKER, Instant Ostmeal, Banama Bread, dry 43.0 1.0 packer (I NLEA serving) 0.1 08418 Cereals, QUAKER, Inst	08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.0
08.314 Cereals, QUAKER, hominy grits, white, quick, dry 37.0 0.25 cmpl (NLEA serving) 0.0 08.316 Cereals, QUAKER, hominy grits, white, regular, dry 41.0 0.25 cmpl (NLEA serving) 0.0 08.429 Cereals, QUAKER, Instant Grits, Broduct with American Chesse Flavor, dry 28.0 1.0 packet (I NLEA serving) 0.0 08.906 Cereals, QUAKER, Instant Grits, Ham in 'Chesse flavor, dry 28.0 1.0 packet (I NLEA serving) 0.0 08.916 Cereals, QUAKER, Instant Grits, Ham in 'Chesse flavor, dry 28.0 1.0 packet (I NLEA serving) 0.0 08.940 Cereals, QUAKER, Instant Ostmeal Organic, Regular 41.0 1.0 packet (I NLEA serving) 0.0 08.941 Cereals, QUAKER, Instant Ostmeal, Apple and cimanon, reduced sugar 41.0 1.0 packet (I NLEA serving) 0.4 08.124 Cereals, QUAKER, Instant Ostmeal, Banana Bread, dry 43.0 1.0 packet (I NLEA serving) 0.4 08.124 Cereals, QUAKER, Instant Ostmeal, Enhanced Grinamon Spice, reduced sugar 30.0 1.0 packet (I NLEA serving) 0.1 08.840 Cereals, QUAKER, Instant Ostmeal, finit and crean variety, dry 45.0 1.0 packet (I NLEA serving)	08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	0.0
08.16 Cercals, QUAKER, Instant Orits Product with American Cheese Flavor, dry 41.0 0.25 cup (1 NLEA serving) 0.0 08.449 Cercals, QUAKER, Instant Orits Product with American Cheese Flavor, dry 28.0 1.0 packet (1 NLEA serving) 0.0 08.221 Cercals, QUAKER, Instant Orits, Butter flavor, dry 28.0 1.0 packet (1 NLEA serving) 0.0 08.430 Cercals, QUAKER, Instant Grits, Country Bacon Ilavor, dry 28.0 1.0 packet (1 NLEA serving) 0.0 08.444 Cercals, QUAKER, Instant Ostrica, Redeye Gravy & Empty Country Ham flavor, dry 28.0 1.0 packet (1 NLEA serving) 0.0 08.440 Cercals, QUAKER, Instant Ostrical Ostrical, Apple and Cimamon, educed sugar 41.0 1.0 packet (1 NLEA serving) 0.4 08.147 Cercals, QUAKER, Instant Ostrical, Cimamon, Spice, reduced sugar 34.0 1.0 packet (1 NLEA serving) 0.4 08.148 Cercals, QUAKER, Instant Ostrical, Cimamon Spice, reduced sugar 34.0 1.0 packet (1 NLEA serving) 0.1 08.80 Cercals, QUAKER, Instant Ostrical, Cimamon Spice, reduced sugar 35.0 1.0 packet (1 NLEA serving) 0.0 08.141 Cercals, QUAKER, Instant Ostrical, friis and cercan variety, dry	08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	0.0
08494 Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry 28.0 1.0 packet (1 NLEA serving) 0.0 08221 Cereals, QUAKER, Instant Grits, Butter flavor, dry 28.0 1.0 packet (1 NLEA serving) 0.0 08456 Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry 28.0 1.0 packet (1 NLEA serving) 0.0 08444 Cereals, QUAKER, Instant Grits, Redeye Gravy & amp. Country Ham flavor, dry 28.0 1.0 packet (1 NLEA serving) 0.0 08444 Cereals, QUAKER, Instant Oatmeal Organic, Regular 41.0 1.0 packet (1 NLEA serving) 0.0 08424 Cereals, QUAKER, Instant Oatmeal, Organic, Regular 41.0 1.0 packet (1 NLEA serving) 0.4 08424 Cereals, QUAKER, Instant Oatmeal, Japies and cinnamon, dry 43.0 1.0 packet (1 NLEA serving) 0.4 08437 Cereals, QUAKER, Instant Oatmeal, Ennamon Spice, reduced sugar 34.0 1.0 packet (1 NLEA serving) 0.1 08410 Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, dry 45.0 1.0 packet (1 NLEA serving) 0.0 08411 Cereals, QUAKER, Instant Oatmeal, Init and cream variety of flavors, reduced sugar 45.0 1.0 packet (1 NLEA se	08314	Cereals, QUAKER, hominy grits, white, quick, dry	37.0	0.25 cup	0.0
0821 Cercals, QUAKER, Instant Grits, Butter flavor, dry 28.0 1.0 packet (1 NLEA serving) 0.0 08906 Cercals, QUAKER, Instant Grits, Country Bacon flavor, dry 28.0 1.0 packet (1 NLEA serving) 0.0 08450 Cercals, QUAKER, Instant Grits, Ham in 'Cheese flavor, dry 28.0 1.0 packet (1 NLEA serving) 0.0 08444 Cercals, QUAKER, Instant Oatmeal, Agole and Cinnamon, reduced sugar 41.0 1.0 packet (1 NLEA serving) 0.4 08642 Cercals, QUAKER, Instant Oatmeal, Apple and Cinnamon, dry 43.0 1.0 packet (1 NLEA serving) 0.5 08124 Cercals, QUAKER, Instant Oatmeal, apples and cinnamon, dry 43.0 1.0 packet (1 NLEA serving) 0.5 08127 Cercals, QUAKER, Instant Oatmeal, Engles and cinnamon, dry 43.0 1.0 packet (1 NLEA serving) 0.5 08417 Cercals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar 34.0 1.0 packet (1 NLEA serving) 0.0 08410 Cercals, QUAKER, Instant Oatmeal, Cinnamon Spice, dry 45.0 1.0 packet (1 NLEA serving) 0.0 08411 Cercals, QUAKER, Instant Oatmeal, Cinnamon Spice, dry 55.0 1.0 packet (1 NLEA serving) 0.0	08316	Cereals, QUAKER, hominy grits, white, regular, dry	41.0	0.25 cup (1 NLEA serving)	0.0
08096 Cereals, QUAKER, Instant Grits, Country Bacon Ilavor, dry 28.0 1.0 packet (1 NLEA serving) 0.0 08450 Cereals, QUAKER, Instant Grits, Ham'n' Cheese flavor, dry 28.0 1.0 packet (1 NLEA serving) 0.0 08444 Cereals, QUAKER, Instant Grits, Redeye Gravy & Ramp: Country Ham flavor, dry 28.0 1.0 packet (1 NLEA serving) 0.0 08440 Cereals, QUAKER, Instant Oatmeal Organic, Regular 31.0 1.0 packet (1 NLEA serving) 0.4 08412 Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar 43.0 1.0 packet (1 NLEA serving) 0.5 08417 Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar 34.0 1.0 packet (1 NLEA serving) 0.1 08638 Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar 34.0 1.0 packet (1 NLEA serving) 0.1 08410 Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar 45.0 1.0 packet (1 NLEA serving) 0.0 08411 Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, dry 45.0 1.0 packet (1 NLEA serving) 0.0 08412 Cereals, QUAKER, Instant Oatmeal, Truit and cream variety, dry 35.0 1.0 packet (1 NLEA	08449	Cereals, QUAKER, Instant Grits Product with American Cheese Flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.0
08450 Cereals, QUAKER, Instant Grits, Ham in Cheese flavor, dry 28.0 1.0 packet (1 NLEA serving) 0.0 08444 Cereals, QUAKER, Instant Oatmeal Griganic, Regular 41.0 1.0 packet (1 NLEA serving) 0.0 08640 Cereals, QUAKER, Instant Oatmeal Griganic, Regular 41.0 1.0 packet (1 NLEA serving) 0.4 08642 Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar 31.0 1.0 packet (1 NLEA serving) 0.5 08124 Cereals, QUAKER, Instant Oatmeal, Apple and cinnamon, dry 43.0 1.0 packet (1 NLEA serving) 0.6 08417 Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar 34.0 1.0 packet (1 NLEA serving) 0.4 08639 Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber 45.0 1.0 packet (1 NLEA serving) 0.1 08410 Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry 43.0 1.0 packet (1 NLEA serving) 0.0 08425 Cereals, QUAKER, Instant Oatmeal, Finit and cream variety dry 35.0 1.0 packet (1 NLEA serving) 0.0 08430 Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of Plavors, reduced sugar 33.0 1.0 packet (1 NLEA serving	08221	Cereals, QUAKER, Instant Grits, Butter flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.0
08444 Cereals, QUAKER, Instant Grits, Redeye Gravy & Country Ham flavor, dry 28.0 1.0 packet (1 NLEA serving) 0.0 08640 Cereals, QUAKER, Instant Oatmeal Organic, Regular 41.0 1.0 packet (1 NLEA serving) 0.4 08642 Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar 31.0 1.0 packet (1 NLEA serving) 0.5 08124 Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry 43.0 1.0 packet (1 NLEA serving) 0.5 08417 Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry 41.0 1.0 packet (1 NLEA serving) 0.4 08639 Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar 34.0 1.0 packet (1 NLEA serving) 0.1 08410 Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, dry 43.0 1.0 packet (1 NLEA serving) 0.0 08411 Cereals, QUAKER, Instant Oatmeal, DiNOSAUR EGGS, Brown Sugar, dry 35.0 1.0 packet (1 NLEA serving) 0.0 08421 Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry 35.0 1.0 packet (1 NLEA serving) 0.0 08410 Cereals, QUAKER, Instant Oatmeal, fruit and cream variety of flavors, reduced sugar 35.0 1.0	08096	Cereals, QUAKER, Instant Grits, Country Bacon flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.0
08640 Cereals, QUAKER, Instant Oatmeal Organic, Regular 41.0 1.0 packet 0.0 08642 Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar 31.0 1.0 packet (1 NLEA serving) 0.4 08124 Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry 43.0 1.0 packet (1 NLEA serving) 0.5 08417 Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar 34.0 1.0 packet (1 NLEA serving) 0.4 08639 Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar 34.0 1.0 packet (1 NLEA serving) 0.1 08688 Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, dry 45.0 1.0 packet (1 NLEA serving) 0.1 08410 Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, dry 43.0 1.0 packet (1 NLEA serving) 0.0 08425 Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry 50.0 1.0 packet (1 NLEA serving) 0.0 08410 Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry 35.0 1.0 packet (1 NLEA serving) 0.0 08225 Cereals, QUAKER, Instant Oatmeal, fruit and cream variety of flavors, reduced sugar 33.0 1.0 packet (1 NLEA serving) </td <td>08450</td> <td>Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry</td> <td>28.0</td> <td>1.0 packet (1 NLEA serving)</td> <td>0.0</td>	08450	Cereals, QUAKER, Instant Grits, Ham 'n' Cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.0
08642 Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar 31.0 1.0 packet (1 NLEA serving) 0.5 08124 Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry 43.0 1.0 packet (1 NLEA serving) 0.5 08417 Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry 41.0 1.0 packet (1 NLEA serving) 0.4 08639 Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar 34.0 1.0 packet (1 NLEA serving) 0.1 086410 Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry 43.0 1.0 packet (1 NLEA serving) 0.0 084110 Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry 43.0 1.0 packet (1 NLEA serving) 0.0 084110 Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry 50.0 1.0 packet (1 NLEA serving) 0.0 084211 Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry 35.0 1.0 packet (1 NLEA serving) 0.0 08412 Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry 43.0 1.0 packet (1 NLEA serving) 0.0 08413 Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry 43.0 1.0 packet (1 NLEA serving)	08444	Cereals, QUAKER, Instant Grits, Redeye Gravy & Doubtry Ham flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.0
08124 Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry 43.0 1.0 packet (1 NLEA serving) 0.5 08417 Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry 41.0 1.0 packet (1 NLEA serving) 0.4 08639 Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar 34.0 1.0 packet (1 NLEA serving) 0.1 08688 Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber 45.0 1.0 packet (1 NLEA serving) 0.0 08410 Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry 43.0 1.0 packet (1 NLEA serving) 0.0 08411 Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry 50.0 1.0 packet (1 NLEA serving) 0.0 08225 Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry 35.0 1.0 packet (1 NLEA serving) 0.0 08130 Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar 33.0 1.0 packet 0.0 08130 Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry 43.0 1.0 packet (1 NLEA serving) 0.0 08228 Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry 43.0 1.0 packet (1 NLEA serving) 0	08640	Cereals, QUAKER, Instant Oatmeal Organic, Regular	41.0	1.0 packet	0.0
08417 Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry 41.0 1.0 packet (1 NLEA serving) 0.4 08639 Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar 34.0 1.0 packet (1 NLEA serving) 0.1 08688 Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber 45.0 1.0 packet (1 NLEA serving) 0.1 08410 Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry 43.0 1.0 packet (1 NLEA serving) 0.0 08411 Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry 50.0 1.0 packet (1 NLEA serving) 0.0 08225 Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry 35.0 1.0 packet 0.1 08410 Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of Plavors, reduced sugar 33.0 1.0 packet 0.1 08410 Cereals, QUAKER, Instant Oatmeal, Instant Oatmeal, maple and brown sugar, dry 43.0 1.0 packet 0.0 08410 Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry 43.0 1.0 packet (1 NLEA serving) 0.3 08420 Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry 37.0 1.0 packet (1 NLEA serving) 0.3	08642	Cereals, QUAKER, Instant Oatmeal, Apple and Cinnamon, reduced sugar	31.0	1.0 packet (1 NLEA serving)	0.4
08639 Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar 34.0 1.0 packet (1 NLEA serving) 0.1 08688 Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber 45.0 1.0 packet (1 NLEA serving) 0.1 08410 Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry 43.0 1.0 packet (1 NLEA serving) 0.0 08411 Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry 50.0 1.0 packet (1 NLEA serving) 0.0 08225 Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry 35.0 1.0 packet 0.1 08411 Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar 33.0 1.0 packet 0.1 08420 Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry 43.0 1.0 packet 0.0 08431 Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry 43.0 1.0 packet (1 NLEA serving) 0.3 08228 Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry 37.0 1.0 packet (1 NLEA serving) 0.0 08231 Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon 45.0 1.0 packet (1 NLEA serving) 0.0 08690 Cereals, QUAKER, oatmeal, REAL MEDLEYS,	08124	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, dry	43.0	1.0 packet (1 NLEA serving)	0.5
08688 Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber 45.0 1.0 packet (1 NLEA serving) 0.1 08410 Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry 43.0 1.0 packet (1 NLEA serving) 0.0 08411 Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry 50.0 1.0 packet (1 NLEA serving) 0.0 08225 Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry 35.0 1.0 packet 0.1 08641 Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar 33.0 1.0 packet 0.0 08130 Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry 43.0 1.0 packet (1 NLEA serving) 0.3 08228 Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry 43.0 1.0 packet (1 NLEA serving) 0.3 08228 Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry 37.0 1.0 packet (1 NLEA serving) 0.3 08694 Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon 45.0 1.0 packet (1 NLEA serving) 0.0 08231 Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry 40.0 0.5 cup (1 NLEA serving) 0.	08417	Cereals, QUAKER, Instant Oatmeal, Banana Bread, dry	41.0	1.0 packet (1 NLEA serving)	0.4
Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry 843.0 1.0 packet (1 NLEA serving) 0.0 8411 Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry 50.0 1.0 packet (1 NLEA serving) 0.0 8225 Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry 50.0 1.0 packet (1 NLEA serving) 0.0 8641 Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar 33.0 1.0 packet 0.0 88130 Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry 43.0 1.0 packet (1 NLEA serving) 0.3 88228 Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry 43.0 86228 Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry 37.0 1.0 packet (1 NLEA serving) 0.3 86694 Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon 45.0 1.0 packet (1 NLEA serving) 0.0 88231 Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry 40.0 0.5 cup (1 NLEA serving) 0.0 86690 Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry 75.0 1.0 package (1 NLEA serving) 0.7 86689 Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry 75.0 1.0 package (1 NLEA serving) 0.5 1.0 package (1 NLEA serving) 1.0 package (1 NLEA serving)	08639	Cereals, QUAKER, Instant Oatmeal, Cinnamon Spice, reduced sugar	34.0	1.0 packet (1 NLEA serving)	0.1
Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry Scereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry Scereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar Scereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar Scereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry Scereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry Scereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry Scereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry Scereals, QUAKER, Instant Oatmeal, weight control, cinnamon Scereals, QUAKER, Instant Oatmeal, weight control, cinnamon Scereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry Scereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry Scereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry Scereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry Scereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry Scereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	08688	Cereals, QUAKER, Instant Oatmeal, Cinnamon Swirl, high fiber	45.0	1.0 packet (1 NLEA serving)	0.1
Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry Standard Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry Standard Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry Standard Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry Standard Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon Standard Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon Cereals, QUAKER, Oatmeal, Weight control, cinnamon Cereals, QUAKER, Oatmeal, REAL MEDLEYS, apple walnut, dry Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	0.0
Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry 43.0 Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry 43.0 Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry 43.0 Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry 37.0 Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry 37.0 Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon 45.0 Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon 45.0 Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry 40.0 Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry 40.0 Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry 75.0 1.0 package (1 NLEA serving) 0.7 Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry 70.0 1.0 package (1 NLEA serving) 2.0 Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry 73.0 1.0 package (1 NLEA serving) 0.5 Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry 75.0 1.0 package (1 NLEA serving) 1.1 package (1 NLEA serving) 1.2 package (1 NLEA serving) 1.3 package (1 NLEA serving) 1.4 package (1 NLEA serving) 1.5 package (1 NLEA serving) 1.6 package (1 NLEA serving)	08411	Cereals, QUAKER, Instant Oatmeal, DINOSAUR EGGS, Brown Sugar, dry	50.0	1.0 packet (1 NLEA serving)	0.0
Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry 43.0 Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry 43.0 1.0 packet (1 NLEA serving) 0.3 Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry 37.0 1.0 packet (1 NLEA serving) 0.0 Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon 45.0 1.0 packet (1 NLEA serving) 0.0 Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry 40.0 0.5 cup (1 NLEA serving) 0.0 Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry 75.0 1.0 package (1 NLEA serving) 0.7 08699 Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry 73.0 1.0 package (1 NLEA serving) 0.5 Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry 75.0 1.0 package (1 NLEA serving)	08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	35.0	1.0 packet	0.1
Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry 37.0 Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon 45.0 Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry 75.0 Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry 70.0 Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry 73.0 Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry 75.0 Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry 75.0 Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry 75.0 Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry 75.0 Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry 75.0 Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry 75.0 Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry 75.0 Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry 75.0 Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	08641	Cereals, QUAKER, Instant Oatmeal, fruit and cream, variety of flavors, reduced sugar	33.0	1.0 packet	0.0
Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry 37.0 1.0 packet 1.0 packet 0.3 08694 Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon 45.0 1.0 packet (1 NLEA serving) 0.0 08231 Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry 40.0 0.5 cup (1 NLEA serving) 0.0 08690 Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry 75.0 1.0 package (1 NLEA serving) 0.7 08689 Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry 70.0 1.0 package (1 NLEA serving) 2.0 08693 Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry 73.0 1.0 package (1 NLEA serving) 0.5 Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry 75.0 1.0 package (1 NLEA serving) 1.1 package (1 NLEA serving) 1.2 package (1 NLEA serving) 1.3 package (1 NLEA serving) 1.4 package (1 NLEA serving) 1.5 package (1 NLEA serving) 1.5 package (1 NLEA serving)	08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	0.0
Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry 08690 Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry 75.0 Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry 76.0 1.0 package (1 NLEA serving) 0.7 08689 Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry 77.0 1.0 package (1 NLEA serving) 2.0 08693 Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry 77.0 1.0 package (1 NLEA serving) 0.5 1.0 package (1 NLEA serving)	08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	0.3
Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry 70.0 1.0 package (1 NLEA serving) 2.0 Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry 73.0 1.0 package (1 NLEA serving) 0.5 Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry 75.0 1.0 package (1 NLEA serving) 1.1 package (1 NLEA serving) 1.2 package (1 NLEA serving)	08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	37.0	1.0 packet	0.3
Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry 75.0 1.0 package (1 NLEA serving) 2.0 Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry 76.0 1.0 package (1 NLEA serving) 2.0 Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry 77.0 1.0 package (1 NLEA serving)	08694	Cereals, QUAKER, Instant Oatmeal, weight control, cinnamon	45.0	1.0 packet (1 NLEA serving)	0.0
Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry 70.0 1.0 package (1 NLEA serving) 2.0 Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry 73.0 1.0 package (1 NLEA serving) 0.5 Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry 75.0 1.0 package (1 NLEA serving) 12.1	08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	40.0	0.5 cup (1 NLEA serving)	0.0
Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry 73.0 1.0 package (1 NLEA serving) 1.0 package (1 NLEA serving) 12.1	08690	Cereals, QUAKER, oatmeal, REAL MEDLEYS, apple walnut, dry	75.0	1.0 package (1 NLEA serving)	0.7
08692 Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry 75.0 1.0 package (1 NLEA serving) 12.1	08689	Cereals, QUAKER, oatmeal, REAL MEDLEYS, blueberry hazelnut, dry	70.0	1.0 package (1 NLEA serving)	2.0
	08693	Cereals, QUAKER, oatmeal, REAL MEDLEYS, cherry pistachio, dry	73.0	1.0 package (1 NLEA serving)	0.5
08691 Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry 70.0 1.0 package (1 NLEA serving) 6.6	08692	Cereals, QUAKER, oatmeal, REAL MEDLEYS, peach almond, dry	75.0	1.0 package (1 NLEA serving)	12.1
	08691	Cereals, QUAKER, oatmeal, REAL MEDLEYS, summer berry, dry	70.0	1.0 package (1 NLEA serving)	6.6

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	0.0
08451	Cereals, QUAKER, Quick Oats with Iron, Dry	40.0	0.5 cup	0.0
08402	Cereals, QUAKER, Quick Oats, Dry	40.0	0.5 cup	0.0
08687	Cereals, QUAKER, Weight Control Instant Oatmeal, banana bread	45.0	1.0 packet (1 NLEA serving)	0.0
08686	Cereals, QUAKER, Weight Control Instant Oatmeal, maple and brown sugar	45.0	1.0 packet (1 NLEA serving)	0.0
08452	Cereals, QUAKER, Whole Wheat Natural Cereal, dry	40.0	0.5 cup	0.0
08673	Cereals, ready-to-eat, MALT-O-MEAL, Blueberry Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	0.0
08143	Cereals, WHEATENA, cooked with water	243.0	1.0 cup	0.0
08182	Cereals, WHEATENA, cooked with water, with salt	243.0	1.0 cup	0.0
08142	Cereals, WHEATENA, dry	40.0	0.33 cup (1 NLEA serving)	0.0
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	242.0	1.0 cup	0.0
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	242.0	1.0 cup	0.0
08144	Cereals, whole wheat hot natural cereal, dry	94.0	1.0 cup	0.0
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	31.5
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	31.5
11147	Chard, swiss, raw	36.0	1.0 cup	10.8
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	12.8
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	12.8
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	10.2
01045	Cheese food, cold pack, American	28.35	1.0 oz	0.0
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	0.0
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	0.0
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	0.0
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	0.0
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	21.0	1.0 slice 3/4 oz	0.0
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	0.0
42258	Cheese product, pasteurized process, cheddar, reduced fat	28.0	1.0 slice 1 oz	0.0
19434	Cheese puffs and twists, corn based, baked, low fat	28.35	1.0 oz	6.1
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	0.2
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	0.0
43276	Cheese spread, cream cheese base	28.35	1.0 oz	0.0
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	0.0
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	0.1
43278	Cheese, american cheddar, imitation	21.0	1.0 slice	0.0
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
01004	Cheese, blue	28.35	1.0 oz	0.0
01005	Cheese, brick	132.0	1.0 cup, diced	0.0
01006	Cheese, brie	28.35	1.0 oz	0.0
01007	Cheese, camembert	28.35	1.0 oz	0.0
01008	Cheese, caraway	28.35	1.0 oz	0.0
01009	Cheese, cheddar	132.0	1.0 cup, diced	0.0
01265	Cheese, cheddar, nonfat or fat free	28.0	1.0 serving	0.0
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	0.0
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	0.0
01010	Cheese, cheshire	28.35	1.0 oz	0.0
01011	Cheese, colby	132.0	1.0 cup, diced	0.0
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	0.0
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	1.6
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	0.0
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	113.0	4.0 oz	0.0
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	113.0	4.0 oz	0.0
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	113.0	4.0 oz	4.5
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.0
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	0.0
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	4.5
01017	Cheese, cream	14.5	1.0 tbsp	0.0
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0.0
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0.0
01018	Cheese, edam	28.35	1.0 oz	0.0
01019	Cheese, feta	150.0	1.0 cup, crumbled	0.0
01020	Cheese, fontina	132.0	1.0 cup, diced	0.0
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	0.0
01021	Cheese, gjetost	28.35	1.0 oz	0.0
01156	Cheese, goat, hard type	28.35	1.0 oz	0.0
01157	Cheese, goat, semisoft type	28.35	1.0 oz	0.0
01159	Cheese, goat, soft type	28.35	1.0 oz	0.0
01022	Cheese, gouda	28.35	1.0 oz	0.0
01023	Cheese, gruyere	28.35	1.0 oz	0.0
01024				
	Cheese, limburger	134.0	1.0 cup	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	0.0
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	0.0
01209	Cheese, Mexican, blend, reduced fat	28.35	1.0 oz	0.0
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	0.0
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	0.0
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	0.0
01267	Cheese, mexican, queso cotija	5.0	2.0 tsp	0.0
01025	Cheese, monterey	132.0	1.0 cup, diced	0.0
42155	Cheese, monterey, low fat	132.0	1.0 cup, diced	0.0
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	0.0
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	0.0
43597	Cheese, mozzarella, low sodium	132.0	1.0 cup, diced	0.0
42304	Cheese, mozzarella, nonfat	113.0	1.0 cup, shredded	0.0
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	0.0
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	0.0
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	0.0
01030	Cheese, muenster	132.0	1.0 cup, diced	0.0
42303	Cheese, muenster, low fat	113.0	1.0 cup, shredded	0.0
01031	Cheese, neufchatel	28.35	1.0 oz	0.0
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	0.0
01032	Cheese, parmesan, grated	100.0	1.0 cup	0.0
01033	Cheese, parmesan, hard	28.35	1.0 oz	0.0
43340	Cheese, parmesan, low sodium	100.0	1.0 cup, grated	0.0
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	0.0
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	0.0
43275	Cheese, pasteurized process, American, low fat	140.0	1.0 cup, diced	0.0
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	0.0
42205	Cheese, pasteurized process, cheddar or American, fat-free	16.0	1.0 cubic inch	0.0
43398	Cheese, pasteurized process, cheddar or American, low sodium	140.0	1.0 cup, diced	0.0
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	3.2
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	0.0
43379	Cheese, pasteurized process, swiss, low fat	140.0	1.0 cup, diced	0.0
01034	Cheese, port de salut	132.0	1.0 cup, diced	0.0
01035	Cheese, provolone	132.0	1.0 cup, diced	0.0
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	0.0
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	0.0
01038	Cheese, romano	28.35	1.0 oz	0.0
01039	Cheese, roquefort	28.35	1.0 oz	0.0
01040	Cheese, swiss	132.0	1.0 cup, diced	0.0
43589	Cheese, swiss, low fat	28.0	1.0 slice (1 oz)	0.0
43405	Cheese, swiss, low sodium	28.0	1.0 slice	0.0
01266	Cheese, Swiss, nonfat or fat free	28.0	1.0 serving	0.0
01041	Cheese, tilsit	28.35	1.0 oz	0.0
18147	Cheesecake commercially prepared	28.35	1.0 oz	0.1
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	0.1
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	0.0
09062	Cherimoya, raw	160.0	1.0 cup, pieces	20.2
09362	Cherries, sour, canned, water pack, drained	168.0	1.0 cup	0.5
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	5.0
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	5.1
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	5.0
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	5.1
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	2.6
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	15.5
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	9.4
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	6.2
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	9.3
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	9.1
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	6.4
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	5.5
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	2.6
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	9.7
09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	7.7
19163	Chewing gum	3.0	1.0 stick	0.0
43060	Chewing gum, sugarless	2.0	1.0 piece	0.0
21143	CHICK-FIL-A, Chick-n-Strips	50.0	1.0 strip	0.5
21144	CHICK-FIL-A, hash browns	5.5	1.0 piece	0.3
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	0.1
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0.0
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	0.0
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0.0
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	0.0
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	0.0
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	3.0
07018	Chicken spread	56.0	1.0 serving (1 serving)	0.0
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	0.1
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	0.0
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	0.0
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	0.0
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.0
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	0.0
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	0.0
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	0.0
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	0.0
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	0.0
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	0.0
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	0.0
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0.0
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	0.0
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	0.0
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0.0
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	0.0
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	72.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	0.0
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	0.0
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.9
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.0
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.0
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.0
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.0
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	0.0
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.0
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	0.0
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.0
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	0.0
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	0.0
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	0.0
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	0.0
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	0.0
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.0
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	101.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	0.0
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	0.0
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.0
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.0
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3.4
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	0.0
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	0.0
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	0.0
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	43.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	0.0
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.0
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	0.0
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.0
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	0.0
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	12.6
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	18.1
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3.7
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	95.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	67.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	0.0
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.0
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	0.2
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	0.0
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	0.0
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	0.0
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	79.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	90.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	0.0
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.0
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.0
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	0.3
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	0.4
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	2.2
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	0.4
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	0.4
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.0
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	0.0
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.0
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.0
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	1.4

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	0.0
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	2.0
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	0.0
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	0.0
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	16.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.0
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0.0
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	38.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	0.0
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.0
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	0.0
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	0.0
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.0
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.0
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	19.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	0.0
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.0
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.0
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	0.0
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.0
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.0
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.2
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	2.8
05311	Chicken, canned, no broth	28.0	1.0 oz	0.0
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	13.0
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	21.2
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	0.3
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	2.2
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	0.0
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	1.4
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	0.4
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	0.4
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	0.5
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	0.5
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	0.0
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	0.0
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	0.0
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	0.0
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	0.0
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	0.0
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	0.0
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.0
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	0.0
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.0
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.0
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	0.0
05335	Chicken, feet, boiled	28.35	1.0 oz	0.0
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	0.0
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	1.0
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	0.0
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	0.0
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	2.6

98.61 Chicken, liver, all classes, cooked, jamered 44.0 1.0 liver 1.2 96028 Chicken, liver, all classes, cooked, simmered 44.0 0 1.0 liver 7.3 43128 Chicken, liver, all classes, cooked, simmered 48.0 1.0 liver 7.3 43128 Chicken, meatless 48.0 1.0 lover, or 9.0 43140 Chicken, meatless 48.0 1.0 serving 0.0 43140 Chicken, meatless 48.0 1.0 serving 0.0 43140 Chicken, meatless, breaded, fried 37.0 1.0 serving 0.0 43140 Chicken, megest, white meat, precooked, frozen, not reheated 82.0 1.0 unit yield from 1.0 liver, or 0.0 15120 Chicken, measing, gables, meat, meat cody, cooked, meated 1.00 1.0 unit yield from 1.0 liver, or-cock chicken 3.0 1515 Chicken, measing, gables, mea 2.5 1.0 unit yield from 1.0 liver, or-cock chicken 3.0 1511 Chicken, measing, gables, mea 2.0 1.0 unit yield from 1.0 liver, or-cock, chicken 3.0 1511 Chicken, measing,	NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
1900.88 Chicken, Inver, all classes, cooked, simmered 44.0 1.0 liver 7.9 1902.78 Chicken, Invert, all classes, raw 44.0 1.0 liver 7.9 434.10 Chicken, meatless, Ireachald, Frazer, and Wilter meat, precooked, frozer, nor reheated 187.0 1.0 cm, pdiced 0.0 22975 Chicken, magest, dark and white meat, precooked, frozer, nor reheated 87.0 1.0 cm, pdiced 0.0 05120 Chicken, magest, dark and white meat, precooked, frozer, nor reheated 87.0 1.0 cm, chopped or diced 0.0 05120 Chicken, mosating, dark mear, meat only, coxed, roasted 140.0 1.0 unit (yield from 11 ready-to-cook chicken) 0.0 05110 Chicken, roasting, dark mear, meat only, coxed, coxeded 140.0 1.0 unit (yield from 11 b ready-to-cook chicken) 0.0 05112 Chicken, roasting, light mear, meat only, coxeded, roasted 140.0 1.0 unit (yield from 11 b ready-to-cook chicken) 3.3 05118 Chicken, roasting, light mear, meat only, coxeded, roasted 85.0 1.0 unit (yield from 11 b ready-to-cook chicken) 0.0 05119 Chicken, roasting, meat and skin and giblets and neck, raw 89.0 1.0 unit (yield	05025	Chicken, heart, all classes, raw	6.1	1.0 heart	0.2
98027 Chicken, liver, all classes, raw 44.0 Chicken, meales, travales 1686 Chicken, meales, travales 0.0 43128 Chicken, meales, breaded, fried 1300 Chicken, meales, fried 0.0 22974 Chicken, nuggets, dark and white meat, precooked, frozen, nor reheated 870 1.0 serving 0.0 22975 Chicken, nuggets, white meat, precooked, frozen, nor reheated 820 1.0 sup, chopped ordical 0.0 08102 Chicken, noasting, dark meat, meat only, cross 1400 1.0 sunit (yield from 1 lb ready-to-cock chicken) 0.0 08119 Chicken, roasting, laks meat, meat only, cross 250 1.0 unit (yield from 1 lb ready-to-cock chicken) 0.0 08116 Chicken, roasting, light meat, meat only, cross 950 1.0 unit (yield from 1 lb ready-to-cock chicken) 0.0 08110 Chicken, roasting, light meat, meat only, cross 950 1.0 unit (yield from 1 lb ready-to-cock chicken) 0.0 08110 Chicken, roasting, light meat, meat only, cross 850 1.0 unit (yield from 1 lb ready-to-cock chicken) 0.0 08112 Chicken, roasting, and and skin and gliblets and neck, cross 850 1.0	05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	1.2
18128 Chicken, mearless 1680 1.0 cup 0.0 43410 Chicken, mearless, breaded, fried 1300 1.0 cup, died 0.0 22974 Chicken, muggets, durk and white meat, precooked, frozen, not reheated 87.0 1.0 serving 0.0 22975 Chicken, muggets, white meat, precooked, frozen, not reheated 82.0 1.0 cup, chopped or died 0.0 05120 Chicken, muggets, white meat, meat only, cooked, roasted 11400 1.0 tunt (yield from 11b ready-to-cook chicken) 0.0 05119 Chicken, roasting, gibles, cooked, simmered 1450 0.10 cup, chopped or died 9.0 05118 Chicken, roasting, gibles, raw 250 1.0 unit (yield from 11b ready-to-cook chicken) 3.3 05118 Chicken, roasting, light meat, meat only, cooked, meated 480 1.0 unit (yield from 11b ready-to-cook chicken) 0.0 05110 Chicken, roasting, light meat, meat only, row 990 1.0 unit (yield from 11b ready-to-cook chicken) 0.0 05110 Chicken, roasting, meat and skin and gibles and neck, cooked, meated 85.0 3.0 or 3.0 or 05112 Chicken, roasting, meat and skin, co	05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	12.3
43410 Chicken, meatless, breaded, fried 1300 1,0 cup, diced 0.0 22974 Chicken, meatless, breaded, fried 87.0 1,0 serving 0.3 22975 Chicken, magets, dark and white meat, precooked, frozen, not reheated 82.0 1,10 serving 0.0 05120 Chicken, roasting, dark meat, meat only, cooked, roasted 1400 1,0 unit (yield from 11b ready-to-cook chicken) 0.0 05116 Chicken, roasting, gibbtes, cooked, simmered 145.0 1,0 unit (yield from 11b ready-to-cook chicken) 3.3 05118 Chicken, roasting, gibbtes, row 25.0 1,0 unit (yield from 11b ready-to-cook chicken) 3.3 05118 Chicken, roasting, light meat, meat only, cooked, roasted 1400 1,0 unit (yield from 11b ready-to-cook chicken) 0.0 05117 Chicken, roasting, meat and skin and gibles and neck, cooked, roasted 85.0 0.0 unit (yield from 11b ready-to-cook chicken) 0.0 05119 Chicken, roasting, meat and skin, cooked, roasted 85.0 0.0 unit (yield from 11b ready-to-cook chicken) 0.0 05112 Chicken, roasting, meat and skin, cooked, roasted 85.0 0.0 unit (yield from 11b ready-to-cook chicken)	05027	Chicken, liver, all classes, raw	44.0	1.0 liver	7.9
22974 Chicken, nuggets, dark and white meat, preconked, frozen, not reheated 87.0 L. Oserving 0.3 22975 Chicken, nuggets, white meat, preconked, frozen, not reheated 82.0 L. Oserving 0.0 05120 Chicken, roasting, dark meat, meat only, coxed, costed 410.0 1.0 unit (yield from II bready-to-cook chicken) 0.0 05116 Chicken, roasting, giblets, coxed, simmered 415.0 1.0 unit (yield from II bready-to-cook chicken) 3.3 05115 Chicken, roasting, giblets, coxed, simmered 425.0 1.0 unit (yield from II bready-to-cook chicken) 3.3 05117 Chicken, roasting, light meat, meat only, row 99.0 1.0 unit (yield from II bready-to-cook chicken) 0.0 05110 Chicken, roasting, light meat, meat only, coxed, roasted 85.0 3.0 oz 0.3 05110 Chicken, roasting, meat and skin and gibles and neck, coxed, roasted 85.0 3.0 oz 0.0 05112 Chicken, roasting, meat and skin and gibles and neck, row 85.0 3.0 oz 0.0 05114 Chicken, roasting, meat and skin, coxed, roasted 85.0 3.0 oz 0.0 05112 Chicken,	43128	Chicken, meatless	168.0	1.0 cup	0.0
22975 Chicken, muggets, white meat, precooked, frozen, not reheated 82.0 1.0 serving 0.0 05120 Chicken, mosting, dark meat, meat only, cooked, roasted 140 1.0 unit (yield from 10 bready-to-cook chicken) 0.0 05116 Chicken, mosting, gibbts, cooked, simmered 1450 1.0 unit (yield from 10 bready-to-cook chicken) 9.4 05115 Chicken, mosting, gibbts, cooked, simmered 25.0 1.0 unit (yield from 10 bready-to-cook chicken) 3.3 05118 Chicken, mosting, light meat, meat only, cooked, roasted 49.0 1.0 unit (yield from 10 bready-to-cook chicken) 0.0 05117 Chicken, mosting, meat and skin and gibbts and neck, cooked, coasted 85.0 3.0 oz 3.0 oz 05119 Chicken, mosting, meat and skin cooked, roasted 85.0 3.0 oz 3.0 oz 05112 Chicken, roasting, meat and skin, cooked, roasted 85.0 3.0 oz 0.0 05112 Chicken, roasting, meat and skin, cooked, roasted 85.0 1.0 cup, chopped or died 0.0 05113 Chicken, skin (drumsticks and thighs), cooked, pasted 28.3 1.0 oz 0.0 05675 Chicken, skin (d	43410	Chicken, meatless, breaded, fried	130.0	1.0 cup, diced	0.0
05120 Chicken, rossting, dark meat, meat only, cooked, rossted 1400 1.0 cup, chopped or diced 0.0 05119 Chicken, rossting, dark meat, meat only, raw 1130 1.0 unit (yield from 1 lb ready-to-cook chicken) 0.0 05116 Chicken, rossting, giblets, cooked, simmered 1450 1.0 unit (yield from 1 lb ready-to-cook chicken) 3.3 05118 Chicken, rossting, light meat, meat only, cooked, rossted 1400 1.0 unit (yield from 1 lb ready-to-cook chicken) 0.0 05117 Chicken, rossting, light meat, meat only, raw 99.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 0.0 05110 Chicken, rossting, meat and skin and giblets and neck, cooked, rossted 85.0 3.0 oz 2.0 05112 Chicken, rossting, meat and skin and giblets and neck, crossed 85.0 3.0 oz 2.0 05112 Chicken, rossting, meat and skin cooked, rossted 85.0 3.0 oz 3.0 oz 2.0 05113 Chicken, rossting, meat only, cooked, rossted 85.0 3.0 oz 3.0 oz 2.0 05673 Chicken, skin (drumsticks and thighs), cooked, rossted 28.3 1.0 oz 0.0	22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	0.3
05119 Clicken, roasting, dark meat, meat only, raw 1130 1.0 unit (yield from 1 lb ready-to-cock chicken) 9.0 05116 Clicken, roasting, giblest, cooked, simmered 1450 1.0 unit (yield from 1 lb ready-to-cock chicken) 9.3 05115 Clicken, roasting, giblt meat, meat only, cooked, roasted 1400 1.0 unit (yield from 1 lb ready-to-cock chicken) 0.0 05117 Clicken, roasting, light meat, meat only, cooked, roasted 850 1.0 unit (yield from 1 lb ready-to-cock chicken) 0.0 05110 Clicken, roasting, meat and skin and giblets and neck, cooked, roasted 850 3.0 ca 3.0 ca 2.0 05112 Clicken, roasting, meat and skin, cooked, roasted 850 3.0 ca 3.0 ca 0.0 05114 Clicken, roasting, meat only, cooked, roasted 850 3.0 ca 0.0 05114 Clicken, fix (drumsticks and thighs), cooked, roasted 850 3.0 ca 0.0 0513 Clicken, skin (drumsticks and thighs), cooked, roasted 28.3 1.0 ca 0.0 05673 Clicken, skin (drumsticks and thighs), with added solution, cooked, roasted 28.3 1.0 ca 0.0	22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	0.0
55116 Chicken, roasting, giblets, cooked, simmered 145.0 1.0 cup, chopped or diced 9.4 05115 Chicken, roasting, giblets, raw 25.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 3.3 05118 Chicken, roasting, light meat, meat only, raw 99.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 0.0 05117 Chicken, roasting, meat and skin and giblets and neck, cooked, roasted 85.0 3.0 oz 3.0 oz 05119 Chicken, roasting, meat and skin and giblets and neck, raw 85.0 3.0 oz 2.0 05112 Chicken, roasting, meat and skin, cooked, roasted 85.0 3.0 oz 2.0 05112 Chicken, roasting, meat and skin, cooked, roasted 85.0 3.0 oz 0.0 05113 Chicken, roasting, meat and skin, cooked, roasted 85.0 3.0 oz 0.0 05113 Chicken, skin (drumsticks and thighs), cooked, roasted 28.35 1.0 oz 0.0 05673 Chicken, skin (drumsticks and thighs), cooked, roasted 28.35 1.0 oz 0.0 05674 Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted 28.35 1.	05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.0
05115 Chicken, roasting, giblets, raw 25.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 3.3 05118 Chicken, roasting, light meat, meat only, cooked, roasted 140.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 0.0 05117 Chicken, roasting, light meat, meat only, raw 99.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 0.0 05110 Chicken, roasting, meat and skin and giblets and neck, cooked, roasted 85.0 3.0 oz 2.0 05112 Chicken, roasting, meat and skin and giblets and neck, raw 85.0 3.0 oz 0.0 05114 Chicken, roasting, meat and skin and giblets and neck, raw 85.0 3.0 oz 0.0 05114 Chicken, roasting, meat and skin and giblets and neck, raw 85.0 1.0 cup, chopped or diced 0.0 05113 Chicken, skin (arunstick, and thighs), cooked, roasted 85.0 3.0 oz 0.0 05673 Chicken, skin (drumsticks and thighs), cooked, roasted 28.35 1.0 oz 0.0 05674 Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted 28.35 1.0 oz 0.0 05684 Chicken, skin (drumsti	05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05118 Chicken, roasting, light meat, meat only, cooked, roasted 1400 1.0 cup, chopped or diced 0.0 05117 Chicken, roasting, light meat, meat only, raw 99.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 0.0 05119 Chicken, roasting, meat and skin and giblets and neck, raw 85.0 3.0 oz 2.0 05112 Chicken, roasting, meat and skin, cooked, roasted 85.0 3.0 oz 0.0 05114 Chicken, roasting, meat only, cooked, roasted 85.0 3.0 oz 0.0 05114 Chicken, roasting, meat only, cooked, roasted 85.0 3.0 oz 0.0 05113 Chicken, skin (drumsticks and thighs), cooked, braised 28.35 1.0 oz 0.0 05673 Chicken, skin (drumsticks and thighs), cooked, braised 28.35 1.0 oz 0.0 05674 Chicken, skin (drumsticks and thighs), with added solution, cooked, braised 28.35 1.0 oz 0.0 05684 Chicken, skin (drumsticks and thighs), with added solution, cooked, trasted 28.35 1.0 oz 0.0 05685 Chicken, skin (drumsticks and thighs), with added solution, cooked, trasted 28.35	05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	9.4
05117 Chicken, roasting, light meat, meat only, raw 99.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 0.0 05110 Chicken, roasting, meat and skin and giblets and neck, cooked, roasted 85.0 3.0 oz 2.0 05112 Chicken, roasting, meat and skin, cooked, roasted 85.0 3.0 oz 2.0 05112 Chicken, roasting, meat and skin, cooked, roasted 140.0 1.0 cup, chopped or diced 0.0 05113 Chicken, roasting, meat only, raw 85.0 3.0 oz 0.0 0513 Chicken, roasting, meat only, raw 85.0 1.0 cup, chopped or diced 0.0 05673 Chicken, skin (drumsticks and thighs), cooked, prasted 28.35 1.0 oz 0.0 05674 Chicken, skin (drumsticks and thighs), cooked, prasted 28.35 1.0 oz 0.0 05674 Chicken, skin (drumsticks and thighs), with added solution, cooked, braised 28.35 1.0 oz 0.0 05686 Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted 28.35 1.0 oz 0.0 05131 Chicken, stewing, duff meat, meat only, cooked, stewed 140.0 1.0 unit (yiel	05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3.3
05110 Chicken, roasting, meat and skin and giblets and neck, cooked, roasted 85.0 3.0 oz 2.0 05119 Chicken, roasting, meat and skin and giblets and neck, raw 85.0 3.0 oz 2.0 05112 Chicken, roasting, meat and skin, cooked, roasted 85.0 3.0 oz 0.0 05114 Chicken, roasting, meat only, cooked, roasted 140.0 1.0 cup, chopped or diced 0.0 05131 Chicken, skin (drumsticks and thighs), cooked, braised 28.35 1.0 oz 0.0 05675 Chicken, skin (drumsticks and thighs), cooked, roasted 28.35 1.0 oz 0.0 05674 Chicken, skin (drumsticks and thighs), with added solution, cooked, braised 28.35 1.0 oz 0.0 05684 Chicken, skin (drumsticks and thighs), with added solution, cooked, praised 28.35 1.0 oz 0.0 05685 Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted 28.35 1.0 oz 0.0 05132 Chicken, skin (drumsticks and thighs), with added solution, raw 28.35 1.0 oz 0.0 05132 Chicken, stewing, dark meat, meat only, cowed, stewed 140.0	05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.0
05109 Chicken, roasting, meat and skin and giblets and neck, raw 85.0 3.0 oz 2.0 05112 Chicken, roasting, meat and skin, cooked, roasted 85.0 3.0 oz 0.0 05114 Chicken, roasting, meat only, cooked, roasted 140.0 1.0 cup, chopped or diced 0.0 05113 Chicken, toasting, meat only, raw 85.0 3.0 oz 0.0 05673 Chicken, skin (drumsticks and thighs), cooked, braised 28.35 1.0 oz 0.0 05675 Chicken, skin (drumsticks and thighs), cooked, roasted 28.35 1.0 oz 0.0 05674 Chicken, skin (drumsticks and thighs), row 28.35 1.0 oz 0.0 05684 Chicken, skin (drumsticks and thighs), with added solution, cooked, braised 28.35 1.0 oz 0.0 05686 Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted 28.35 1.0 oz 0.0 05685 Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted 28.35 1.0 oz 0.0 05132 Chicken, stewing, dark meat, meat only, cooked, stewed 140.0 1.0 cup, chopped or diced 0.0 <td>05117</td> <td>Chicken, roasting, light meat, meat only, raw</td> <td>99.0</td> <td>1.0 unit (yield from 1 lb ready-to-cook chicken)</td> <td>0.0</td>	05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.0
05112 Chicken, roasting, meat and skin, cooked, roasted 85.0 3.0 oz 0.0 05114 Chicken, roasting, meat only, cooked, roasted 140.0 1.0 cup, chopped or diced 0.0 05113 Chicken, roasting, meat only, raw 85.0 3.0 oz 0.0 05673 Chicken, skin (drumsticks and thighs), cooked, braised 28.35 1.0 oz 0.0 05674 Chicken, skin (drumsticks and thighs), roasted 28.35 1.0 oz 0.0 05684 Chicken, skin (drumsticks and thighs), with added solution, cooked, braised 28.35 1.0 oz 0.0 05686 Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted 28.35 1.0 oz 0.0 05686 Chicken, skin (drumsticks and thighs), with added solution, raw 28.35 1.0 oz 0.0 05885 Chicken, skin (drumsticks and thighs), with added solution, raw 28.35 1.0 oz 0.0 05132 Chicken, stewing, dark meat, meat only, cooked, stewed 140.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 4.8 05128 Chicken, stewing, giblets, raw 28.0 1.0 unit (yield from 1 lb ready-to	05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	0.3
05114 Chicken, roasting, meat only, cooked, roasted 14.0. 1.0 cup, chopped or diced 0.0 05113 Chicken, roasting, meat only, raw 85.0 3.0 oz 0.0 05673 Chicken, skin (drumsticks and thighs), cooked, braised 28.35 1.0 oz 0.0 05675 Chicken, skin (drumsticks and thighs), cooked, roasted 28.35 1.0 oz 0.0 05674 Chicken, skin (drumsticks and thighs), with added solution, cooked, braised 28.35 1.0 oz 0.0 05684 Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted 28.35 1.0 oz 0.0 05686 Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted 28.35 1.0 oz 0.0 05686 Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted 28.35 1.0 oz 0.0 05132 Chicken, stewing, dark meat, meat only, cooked, stewed 140.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 4.8 05128 Chicken, stewing, giblets, cooked, simmered 145.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 3.2 05120 Chicken, stewing, light meat, meat	05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	2.0
05113 Chicken, roasting, meat only, raw 85.0 3.0 oz 0.0 05673 Chicken, skin (drumsticks and thighs), cooked, braised 28.35 1.0 oz 0.0 05675 Chicken, skin (drumsticks and thighs), cooked, roasted 28.35 1.0 oz 0.0 05674 Chicken, skin (drumsticks and thighs), raw 28.35 1.0 oz 0.0 05684 Chicken, skin (drumsticks and thighs), with added solution, cooked, braised 28.35 1.0 oz 0.0 05686 Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted 28.35 1.0 oz 0.0 05686 Chicken, skin (drumsticks and thighs), with added solution, raw 28.35 1.0 oz 0.0 05685 Chicken, skin (drumsticks and thighs), with added solution, raw 28.35 1.0 oz 0.0 05132 Chicken, stewing, dark meat, meat only, cooked, stewed 140.0 1.0 cup, chopped or diced 0.0 05128 Chicken, stewing, giblets, cooked, simmered 145.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 3.2 05120 Chicken, stewing, giblet meat, meat only, cooked, stewed 140.0 1.0 uni	05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	0.0
05673 Chicken, skin (drumsticks and thighs), cooked, braised 28.35 1.0 oz 0.0 05675 Chicken, skin (drumsticks and thighs), cooked, roasted 28.35 1.0 oz 0.0 05674 Chicken, skin (drumsticks and thighs), raw 28.35 1.0 oz 0.0 05684 Chicken, skin (drumsticks and thighs), with added solution, cooked, braised 28.35 1.0 oz 0.0 05686 Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted 28.35 1.0 oz 0.0 05685 Chicken, skin (drumsticks and thighs), with added solution, raw 28.35 1.0 oz 0.0 05132 Chicken, stewing, dark meat, meat only, cooked, stewed 140.0 1.0 cup, chopped or diced 0.0 05128 Chicken, stewing, giblets, cooked, simmered 145.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 4.8 05120 Chicken, stewing, giblets, raw 28.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 3.2 05120 Chicken, stewing, light meat, meat only, cooked, stewed 140.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 1.6 05121 Chicken, stewing, meat and skin	05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.0
05675 Chicken, skin (drumsticks and thighs), cooked, roasted 28.35 1.0 oz 0.0 05674 Chicken, skin (drumsticks and thighs), raw 28.35 1.0 oz 0.0 05684 Chicken, skin (drumsticks and thighs), with added solution, cooked, praised 28.35 1.0 oz 0.0 05686 Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted 28.35 1.0 oz 0.0 05685 Chicken, skin (drumsticks and thighs), with added solution, raw 28.35 1.0 oz 0.0 05132 Chicken, stewing, dark meat, meat only, cooked, stewed 140.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 4.8 05128 Chicken, stewing, giblets, cooked, simmered 145.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 4.8 05127 Chicken, stewing, light meat, meat only, cooked, stewed 140.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 3.2 05129 Chicken, stewing, light meat, meat only, cooked, stewed 140.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 1.6 05121 Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed 85.0 3.0 oz 0.8	05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	0.0
05674 Chicken, skin (drumsticks and thighs), raw 28.35 1.0 oz 0.0 05684 Chicken, skin (drumsticks and thighs), with added solution, cooked, braised 28.35 1.0 oz 0.0 05686 Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted 28.35 1.0 oz 0.0 05685 Chicken, skin (drumsticks and thighs), with added solution, raw 28.35 1.0 oz 0.0 05132 Chicken, stewing, dark meat, meat only, cooked, stewed 140.0 1.0 cup, chopped or diced 0.0 05131 Chicken, stewing, giblets, cooked, simmered 105.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 4.8 05128 Chicken, stewing, giblets, raw 28.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 3.2 05127 Chicken, stewing, light meat, meat only, cooked, stewed 140.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 3.2 05129 Chicken, stewing, light meat, meat only, raw 89.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 1.6 05122 Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed 85.0 3.0 oz 0.8 05124 <td>05673</td> <td>Chicken, skin (drumsticks and thighs), cooked, braised</td> <td>28.35</td> <td>1.0 oz</td> <td>0.0</td>	05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0.0
05684 Chicken, skin (drumsticks and thighs), with added solution, cooked, braised 28.35 1.0 oz 0.0 05686 Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted 28.35 1.0 oz 0.0 05685 Chicken, skin (drumsticks and thighs), with added solution, raw 28.35 1.0 oz 0.0 05132 Chicken, stewing, dark meat, meat only, cooked, stewed 140.0 1.0 cup, chopped or diced 0.0 05131 Chicken, stewing, dark meat, meat only, raw 105.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 4.8 05128 Chicken, stewing, giblets, cooked, simmered 145.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 3.2 05127 Chicken, stewing, light meat, meat only, cooked, stewed 140.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 3.2 05129 Chicken, stewing, light meat, meat only, raw 89.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 1.6 05122 Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed 85.0 3.0 oz 0.8 05121 Chicken, stewing, meat and skin, cooked, stewed 85.0 3.0 oz 2.6	05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0.0
Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted Chicken, skin (drumsticks and thighs), with added solution, raw Chicken, skin (drumsticks and thighs), with added solution, raw Chicken, stewing, dark meat, meat only, cooked, stewed Chicken, stewing, dark meat, meat only, raw Chicken, stewing, giblets, cooked, simmered Chicken, stewing, giblets, cooked, simmered Chicken, stewing, giblets, raw Chicken, stewing, light meat, meat only, cooked, stewed Chicken, stewing, light meat, meat only, raw Chicken, stewing, light meat, meat only, raw Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed Chicken, stewing, meat and skin, and giblets and neck, raw Chicken, stewing, meat and skin, and giblets and neck, raw Should be a state of the cooked, stewed Chicken, stewing, meat and skin, and giblets and neck, raw Should be a state of the cooked, stewed Chicken, stewing, meat and skin, and giblets and neck, raw Should be a state of the cooked, stewed Chicken, stewing, meat and skin, and giblets and neck, raw Should be a state of the cooked, stewed Chicken, stewing, meat and skin, cooked, stewed Chicken, stewing, meat and skin, cooked, stewed Chicken, stewing, meat and skin, cooked, stewed Should be a state of the cooked, stewed Chicken, stewing, meat and skin, cooked, stewed	05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.0
Chicken, skin (drumsticks and thighs), with added solution, raw Chicken, stewing, dark meat, meat only, cooked, stewed 140.0 Chicken, stewing, dark meat, meat only, raw 105.0 Chicken, stewing, dark meat, meat only, raw 105.0 Chicken, stewing, giblets, cooked, simmered 145.0 Chicken, stewing, giblets, cooked, simmered 145.0 Chicken, stewing, giblets, raw 28.0 Chicken, stewing, giblets, raw 28.0 Chicken, stewing, light meat, meat only, cooked, stewed 140.0 Chicken, stewing, light meat, meat only, cooked, stewed 140.0 Chicken, stewing, light meat, meat only, raw 89.0 Chicken, stewing, light meat, meat only, raw 89.0 Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed 85.0 Chicken, stewing, meat and skin, and giblets and neck, raw 85.0 Chicken, stewing, meat and skin, and giblets and neck, raw 85.0 Chicken, stewing, meat and skin, and giblets and neck, raw 85.0 Chicken, stewing, meat and skin, cooked, stewed 85.0 Chicken, stewing, meat and skin, cooked, stewed 85.0 Chicken, stewing, meat and skin, and giblets and neck, raw 85.0 Chicken, stewing, meat and skin, cooked, stewed	05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	0.0
Chicken, stewing, dark meat, meat only, cooked, stewed Chicken, stewing, dark meat, meat only, raw Chicken, stewing, giblets, cooked, simmered Chicken, stewing, giblets, cooked, simmered Chicken, stewing, giblets, raw Chicken, stewing, giblets, raw Chicken, stewing, light meat, meat only, cooked, stewed Chicken, stewing, light meat, meat only, cooked, stewed Chicken, stewing, light meat, meat only, raw Chicken, stewing, light meat, meat only, raw Sevential and stewing, light meat, meat only, raw Sevential and stewing, meat and skin, and giblets and neck, cooked, stewed Chicken, stewing, meat and skin, and giblets and neck, raw Sevential and stewing, meat and skin, and giblets and neck, raw Sevential and stewing, meat and skin, cooked, stewed Sevential and stewing, meat and skin, and giblets and neck, raw Sevential and stewing, meat and skin, and giblets and neck, raw Sevential and stewing, meat and skin, and giblets and neck, raw Sevential and stewing, meat and skin, cooked, stewed Sevential and stewing, meat and skin, cooked, stewed Sevential and stewing, meat and skin, and giblets and neck, raw Sevential and stewing, meat and skin, and giblets and neck, raw Sevential and stewing, meat and skin, and giblets and neck, raw Sevential and stewing, meat and skin, cooked, stewed Sevential and stewing, meat and skin, and giblets and neck, raw Sevential and stewing, meat and skin, cooked, stewed Sevential and sevential and skin stewing, meat and skin, and giblets and neck, raw Sevential and sevent	05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	0.0
Chicken, stewing, dark meat, meat only, raw Chicken, stewing, giblets, cooked, simmered Chicken, stewing, giblets, raw Chicken, stewing, giblets, raw Chicken, stewing, light meat, meat only, cooked, stewed Chicken, stewing, light meat, meat only, cooked, stewed Chicken, stewing, light meat, meat only, raw Chicken, stewing, light meat, meat only, raw Chicken, stewing, light meat, meat only, raw Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed Chicken, stewing, meat and skin, and giblets and neck, raw Chicken, stewing, meat and skin, and giblets and neck, raw Chicken, stewing, meat and skin, cooked, stewed Shound Chicken, stewing, meat and skin, cooked, stewed Chicken, stewing, meat and skin, cooked, stewed Shound Chicken, stewing, meat and skin, cooked, stewed Chicken, stewing, meat and skin, cooked, stewed Shound Chicken, stewing, meat and skin, cooked, stewed Shound Chicken, stewing, meat and skin, cooked, stewed Shound Chicken, stewing, meat and skin, cooked, stewed	05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	0.0
Chicken, stewing, giblets, cooked, simmered Chicken, stewing, giblets, raw Chicken, stewing, light meat, meat only, cooked, stewed Chicken, stewing, light meat, meat only, raw Chicken, stewing, light meat, meat only, raw Chicken, stewing, light meat, meat only, raw Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed Chicken, stewing, meat and skin, and giblets and neck, raw Chicken, stewing, meat and skin, and giblets and neck, raw Chicken, stewing, meat and skin, cooked, stewed Store Chicken, stewing, meat and skin, and giblets and neck, raw Store Chicken, stewing, meat and skin, cooked, stewed	05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.0
Chicken, stewing, giblets, raw Chicken, stewing, light meat, meat only, cooked, stewed Chicken, stewing, light meat, meat only, raw Chicken, stewing, light meat, meat only, raw Chicken, stewing, light meat, meat only, raw 89.0 Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed Chicken, stewing, meat and skin, and giblets and neck, raw Chicken, stewing, meat and skin, and giblets and neck, raw S5.0 Chicken, stewing, meat and skin, cooked, stewed Chicken, stewing, meat and skin, cooked, stewed S5.0 Chicken, stewing, meat and skin, cooked, stewed S5.0 Chicken, stewing, meat and skin, cooked, stewed	05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	4.8
Chicken, stewing, light meat, meat only, cooked, stewed Chicken, stewing, light meat, meat only, raw Chicken, stewing, light meat, meat only, raw 89.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 1.6 Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed 85.0 Chicken, stewing, meat and skin, and giblets and neck, raw 85.0 Chicken, stewing, meat and skin, cooked, stewed 85.0 3.0 oz 2.6 Chicken, stewing, meat and skin, cooked, stewed 85.0 3.0 oz 0.0	05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	8.0
Chicken, stewing, light meat, meat only, raw Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed Chicken, stewing, meat and skin, and giblets and neck, raw Chicken, stewing, meat and skin, and giblets and neck, raw Chicken, stewing, meat and skin, cooked, stewed Chicken, stewing, meat and skin, cooked, stewed Solution 1.0 unit (yield from 1 lb ready-to-cook chicken) 3.0 oz 0.8 Chicken, stewing, meat and skin, and giblets and neck, raw Solution 3.0 oz 0.0 Chicken, stewing, meat and skin, cooked, stewed	05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	3.2
Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed Chicken, stewing, meat and skin, and giblets and neck, raw Chicken, stewing, meat and skin, and giblets and neck, raw Solution Chicken, stewing, meat and skin, cooked, stewed Solution Soluti	05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.0
Chicken, stewing, meat and skin, and giblets and neck, raw 85.0 3.0 oz 2.6 Chicken, stewing, meat and skin, cooked, stewed 85.0 3.0 oz 0.0	05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.6
05124 Chicken, stewing, meat and skin, cooked, stewed 85.0 3.0 oz 0.0	05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	0.8
05124 Chicken, stewing, meat and skin, cooked, stewed 85.0 3.0 oz 0.0	05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	2.6
·	05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	
	05123		85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.0
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	2.8
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	0.0
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	0.0
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	0.4
16157	Chickpea flour (besan)	92.0	1.0 cup	0.0
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	0.3
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	0.3
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	0.2
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.2
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	2.1
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	2.1
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	8.0
11152	Chicory greens, raw	29.0	1.0 cup, chopped	7.0
11154	Chicory roots, raw	60.0	1.0 root	3.0
11151	Chicory, witloof, raw	53.0	1.0 head	1.5
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	31.0	1.0 fl oz	2.9
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	31.0	1.0 fl oz	3.0
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	9.4	1.0 scoop	3.6
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	31.0	1.0 fl oz	2.4
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	0.5
16059	Chili with beans, canned	256.0	1.0 cup	4.4
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	2.0
22911	Chili, no beans, canned entree	240.0	1.0 cup	4.3
11615	Chives, freeze-dried	0.2	1.0 tbsp	1.3
11156	Chives, raw	3.0	1.0 tbsp chopped	1.7
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	0.0
35204	Chokecherries, raw, pitted (Northern Plains Indians)	154.0	1.0 cup	8.5
07019	Chorizo, pork and beef	28.35	1.0 oz	0.0
11698	Chrysanthemum leaves, raw	51.0	1.0 cup, chopped	0.7
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	23.9
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	23.9
11157	Chrysanthemum, garland, raw	25.0	1.0 cup (1" pieces)	0.4
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	0.2
09433	Clementines, raw	74.0	1.0 fruit	36.1

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
14197	Cocoa mix, NESTLE, Rich Chocolate Hot Cocoa Mix	20.0	1.0 serving 1 envelope	0.0
19859	Cocoa, dry powder, hi-fat or breakfast, plain	5.4	1.0 tbsp	0.0
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	6.0	1.0 tablespoon Ghirardelli label 2011	0.0
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	0.0
19171	Cocoa, dry powder, unsweetened, HERSHEY'S European Style Cocoa	5.0	1.0 tbsp	0.0
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	0.0
18103	Coffeecake, cheese	28.35	1.0 oz	0.0
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	0.1
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	0.1
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	0.1
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	0.1
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	0.0
18106	Coffeecake, fruit	28.35	1.0 oz	0.2
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	34.6
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	34.6
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	44.9
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	44.9
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	38.0
11161	Collards, raw	36.0	1.0 cup, chopped	12.7
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	0.0
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	0.0
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	0.1
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	0.0
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	0.0
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	0.0
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	0.0
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	36.0	1.0 brownie 1 serving	0.0
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	0.1
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	0.0
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	0.1
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	0.0
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	0.0
28328	Cookies, chocolate chip sandwich, with creme filling	34.0	1.0 cookie	0.0
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.0
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	0.0
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	0.0
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	0.0
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	0.1
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	0.1
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	0.0
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	0.0
28350	Cookies, chocolate cream covered biscuit sticks	40.0	1.0 serving	0.0
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	34.0	1.0 serving	0.0
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	0.0
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	0.0
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	0.0
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	0.0
18157	Cookies, chocolate wafers	28.35	1.0 oz	0.0
28329	Cookies, chocolate, made with rice cereal	62.0	1.0 cookie	0.0
28309	Cookies, coconut macaroon	36.0	2.0 cookie 1 serving	0.0
18170	Cookies, fig bars	28.35	1.0 oz	0.1
18171	Cookies, fortune	28.35	1.0 oz	0.0
18156	Cookies, fudge, cake-type (includes trolley cakes)	28.35	1.0 oz	0.0
18172	Cookies, gingersnaps	28.35	1.0 oz	0.0
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	44.0	3.0 cookies	0.0
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	0.0
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	0.0
28302	Cookies, graham crackers, plain or honey, lowfat	35.0	1.0 serving	0.0
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	1.0
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	0.0
28351	Cookies, Marie biscuit	28.0	5.0 cookie	0.0
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	0.0
28330	Cookies, marshmallow, with rice cereal and chocolate chips	22.0	1.0 bar	0.0
18177	Cookies, molasses	28.35	1.0 oz	0.0
28300	Cookies, oatmeal sandwich, with creme filling	38.0	1.0 cookie 1 serving	0.0
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	0.1
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	0.1
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	0.1
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	0.1
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	0.1
28349	Cookies, oatmeal, reduced fat	25.0	1.0 cookie	0.0
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	0.0
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	0.0
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	0.0
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	0.0
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	0.0
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	0.0
28301	Cookies, peanut butter, commercially prepared, sugar free	29.0	1.0 serving 3 cookies	0.0
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	0.0
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	0.0
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	0.0
18191	Cookies, raisin, soft-type	28.35	1.0 oz	0.1
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	0.0
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	0.0
28310	Cookies, shortbread, reduced fat	11.8	1.0 cookie	0.0
28311	Cookies, sugar wafer, chocolate-covered	29.0	3.0 cookie	0.0
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	0.0
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0.0
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0.0
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	0.0
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	0.0
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	0.0
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0.0
28352	Cookies, vanilla sandwich with creme filling, reduced fat	48.0	1.0 serving cookie	0.0
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	0.0
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	0.0
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	1.1
20015	Corn bran, crude	76.0	1.0 cup	0.0
22973	Corn dogs, frozen, prepared	78.0	1.0 corndog	0.4
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	0.0
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	0.0
20316	Corn flour, whole-grain, white	117.0	1.0 cup	0.0
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
20018	Corn flour, yellow, degermed, unenriched	126.0	1.0 cup	0.0
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	0.0
20314	Corn grain, white	166.0	1.0 cup	0.0
20014	Corn grain, yellow	166.0	1.0 cup	0.0
11656	Corn pudding, home prepared	250.0	1.0 cup	9.2
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	20.0
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	0.0
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	11.8
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	11.8
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	17.0
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	17.0
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	3.4
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	14.1
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	14.1
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	5.5
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	5.5
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	5.1
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	5.1
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	10.4
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	7.9
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	7.9
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	11.9
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	5.0
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	6.7
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	11.8
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	11.8
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	2.6
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	6.7
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	17.0
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	17.0
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	3.0
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	4.9
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	4.9
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	5.8
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	8.7

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	7.9
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	7.9
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	11.9
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	5.8
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	9.9
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.0
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	0.0
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	0.0
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	0.0
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	0.0
20323	Cornmeal, white, self-rising, bolted, plain, enriched	122.0	1.0 cup	0.0
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	0.0
20325	Cornmeal, white, self-rising, degermed, enriched	138.0	1.0 cup	0.0
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	0.0
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	0.0
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	122.0	1.0 cup	0.0
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	0.0
20025	Cornmeal, yellow, self-rising, degermed, enriched	138.0	1.0 cup	0.0
11190	Cornsalad, raw	56.0	1.0 cup	21.4
20027	Cornstarch	128.0	1.0 cup	0.0
20029	Couscous, cooked	157.0	1.0 cup, cooked	0.0
20028	Couscous, dry	173.0	1.0 cup	0.0
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	3.6
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	3.6
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	4.4
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	4.4
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	6.4
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	3.6
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.7
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.7
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	2.5
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	0.5
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	6.5
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.7
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.7

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	2.5
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	53.0	1.0 cup, chopped	9.8
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	53.0	1.0 cup, chopped	9.8
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	13.0
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	95.0	1.0 cup	16.2
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	95.0	1.0 cup	16.2
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	31.0
09077	Crabapples, raw	110.0	1.0 cup slices	8.8
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	23.7
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	1.8
18236	Cracker meal	28.35	1.0 oz	0.0
18434	Crackers, cheese, low sodium	14.2	0.5 oz	0.0
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	0.0
18214	Crackers, cheese, regular	14.2	0.5 oz	0.0
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5 g	1.0
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	0.0
28303	Crackers, cheese, whole grain	31.0	1.0 serving 55 pieces	0.0
18216	Crackers, crispbread, rye	14.2	0.5 oz	0.0
28345	Crackers, gluten-free, multi-seeded and multigrain	6.1	3.0 crackers	0.0
18218	Crackers, matzo, egg	14.2	0.5 oz	0.0
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	0.0
18217	Crackers, matzo, plain	14.2	0.5 oz	0.0
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	0.0
18220	Crackers, melba toast, plain	14.2	0.5 oz	0.0
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	0.0
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	0.0
18222	Crackers, melba toast, wheat	14.2	0.5 oz	0.0
18223	Crackers, milk	14.2	0.5 oz	0.0
28292	Crackers, multigrain	14.0	4.0 crackers	0.0
18224	Crackers, rusk toast	14.2	0.5 oz	0.0
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	0.1
18226	Crackers, rye, wafers, plain	14.2	0.5 oz	0.0
18227	Crackers, rye, wafers, seasoned	14.2	0.5 oz	0.0
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0.0
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0.0
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	14.2	0.5 oz	0.0
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	0.0
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	36.0	1.0 package	0.0
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.0
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	0.0
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	0.0
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0.0
28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	0.0
28325	Crackers, toast thins, low sodium	31.0	1.0 serving	0.0
28327	Crackers, water biscuits	14.0	4.0 cracker 1 serving	0.0
18428	Crackers, wheat, low salt	14.2	0.5 oz	0.0
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0.0
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	0.0
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	0.2
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	0.0
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	43.0	6.0 cracker 1 serving	0.0
18235	Crackers, whole-wheat	28.0	1.0 serving	0.0
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	0.0
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	0.0
09079	Cranberries, dried, sweetened	40.0	0.25 cup	0.1
09078	Cranberries, raw	110.0	1.0 cup, chopped	15.4
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	200.0	6.75 fl oz	63.0
14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	13.4
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	9.5
14430	Cranberry juice cocktail, frozen concentrate	36.2	1.0 fl oz	16.6
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	29.6	1.0 fl oz	3.1
43382	Cranberry juice, unsweetened	253.0	1.0 cup	23.5
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	2.8
09526	Cranberry sauce, jellied, canned, OCEAN SPRAY	70.0	0.25 cup	0.7
09525	Cranberry sauce, whole, canned, OCEAN SPRAY	70.0	0.25 cup	0.7
09082	Cranberry-orange relish, canned	275.0	1.0 cup	49.5
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	0.0
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	0.0
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0.0
42141	Cream substitute, liquid, light	30.0	1.0 fl oz	0.0
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	0.0
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	0.0
01069	Cream substitute, powdered	94.0	1.0 cup	0.0
42136	Cream substitute, powdered, light	94.0	1.0 cup	0.0
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.3
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	0.7
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.2
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	0.7
01199	Cream, half and half, fat free	29.0	2.0 tbsp	0.2
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.1
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.1
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	0.0
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	15.0	1.0 tbsp	0.1
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	15.0	1.0 tbsp	0.0
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	17.0	1.0 tbsp	0.0
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	31.0
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	31.0
11203	Cress, garden, raw	50.0	1.0 cup	34.5
18240	Croissants, apple	28.35	1.0 oz	0.1
18239	Croissants, butter	28.35	1.0 oz	0.1
18241	Croissants, cheese	28.35	1.0 oz	0.1
18242	Croutons, plain	14.2	0.5 oz	0.0
18243	Croutons, seasoned	14.2	0.5 oz	0.0
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	10.2
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0.0
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	6.0
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	4.5
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	3.9
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	1.7
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	2.6
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	3.1
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	3.0
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	6.1

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	6.0
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	0.4
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	0.4
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	0.8
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	1.0
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	0.0
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	0.0
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	5.2
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	1.3
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	0.0
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	85.0	3.0 oz	0.0
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.0
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	1.8
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	1.7
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	4.3
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	1.5
09083	Currants, european black, raw	112.0	1.0 cup	202.7
09084	Currants, red and white, raw	112.0	1.0 cup	45.9
09085	Currants, zante, dried	144.0	1.0 cup	6.8
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	18.9
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	18.9
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	19.2
18245	Danish pastry, cheese	28.35	1.0 oz	0.0
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	0.0
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	0.1
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	1.1
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	1.1
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	1.1
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	0.5
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	1.1
09087	Dates, deglet noor	147.0	1.0 cup, chopped	0.6
09421	Dates, medjool	24.0	1.0 date, pitted	0.0
36028	DENNY'S, coleslaw	91.0	1.0 serving	12.0
36610				
	DENNY'S, french fries	165.0	1.0 serving	2.6

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	5.1
01070	Dessert topping, powdered	43.0	1.5 oz	0.0
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0.6
01072	Dessert topping, pressurized	70.0	1.0 cup	0.0
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	0.0
19186	Desserts, apple crisp, prepared-from-recipe	141.0	0.5 cup	3.1
19168	Desserts, egg custard, baked, prepared-from-recipe	141.0	0.5 cup	0.0
19094	Desserts, flan, caramel custard, prepared-from-recipe	153.0	0.5 cup	0.0
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	0.8
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	0.0
19225	Desserts, rennin, tablets, unsweetened	9.9	1.0 package (0.35 oz)	0.0
19222	Desserts, rennin, vanilla, dry mix	10.8	1.0 tbsp	0.0
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	0.8
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	2.7
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	0.2
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.0	1.0 slice 1/4 of pie	2.0
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	2.7
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	1.3
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	1.2
02045	Dill weed, fresh	1.0	5.0 sprigs	0.8
27065	Dip, bean, original flavor	36.0	2.0 tbsp	0.2
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	0.3
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	0.1
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	0.2
11616	Dock, raw	133.0	1.0 cup, chopped	63.8
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	1.0
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	1.2
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	0.5
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	0.0
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	0.9
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	79.0	1.0 slice	0.9
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	0.5
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	114.0	1.0 slice	0.7
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	78.0	1.0 slice	0.9
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	129.0	1.0 slice	0.5

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	0.0
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	0.0
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	0.4
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	0.0
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	0.0
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	0.3
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	0.0
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	0.0
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	0.0
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	4.1
04706	Dressing, honey mustard, fat-free	30.0	2.0 tbsp (1 NLEA serving)	0.6
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	13.0
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	13.0
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	10.9
11787	Drumstick pods, cooked, boiled, drained, with salt	118.0	1.0 cup slices	114.5
11621	Drumstick pods, cooked, boiled, drained, without salt	118.0	1.0 cup slices	114.5
11620	Drumstick pods, raw	100.0	1.0 cup slices	141.0
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	2.0
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.0
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	2.4
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.0
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	7.9
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	4.5
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	4.4
05315	Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted	56.0	1.0 unit (yield from 1 lb ready-to-cook duck)	1.6
05316	Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled	85.0	3.0 oz	2.7
05317	Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted	92.0	1.0 leg, bone removed (yield after cooking)	1.4
05318	Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised	85.0	3.0 oz	2.0
01225	Dulce de Leche	19.0	1.0 tbsp	0.5
32025	Dumpling, potato- or cheese-filled, frozen	114.0	3.0 pieces pierogies	6.0
09422	Durian, raw or frozen	243.0	1.0 cup, chopped or diced	47.9
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	0.5
11212	Edamame, frozen, prepared	155.0	1.0 cup	9.5
11211	Edamame, frozen, unprepared	118.0	1.0 cup	11.4

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	0.3
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	0.3
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	0.1
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	9.0
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	24.9
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	4.6
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	0.3
01144	Egg substitute, powder	9.9	0.35 oz	0.1
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	0.0
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	0.0
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	0.0
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	0.0
01173	Egg, white, dried	28.0	1.0 oz	0.0
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	0.0
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	0.0
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	0.0
01124	Egg, white, raw, fresh	33.0	1.0 large	0.0
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0.0
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.0
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	0.0
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.0
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.0
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	0.0
01133	Egg, whole, dried	85.0	1.0 cup, sifted	0.0
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	0.0
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.0
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.0
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.0
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	0.0
01125	Egg, yolk, raw, fresh	17.0	1.0 large	0.0
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	0.0
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.0
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.0
01057	Eggnog	254.0	1.0 cup	3.8
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	1.3

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	1.3
43146	Eggplant, pickled	136.0	1.0 cup	0.0
11209	Eggplant, raw	82.0	1.0 cup, cubes	1.8
43285	Eggs, scrambled, frozen mixture	28.35	1.0 oz	0.0
09088	Elderberries, raw	145.0	1.0 cup	52.2
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving (3 oz)	0.0
05623	Emu, fan fillet, raw	85.0	1.0 serving (3 oz)	0.0
05625	Emu, flat fillet, raw	85.0	3.0 oz	0.0
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving (3 oz)	0.0
05626	Emu, full rump, raw	85.0	3.0 oz	0.0
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	0.0
05621	Emu, ground, raw	117.0	1.0 patty	0.0
05628	Emu, inside drum, raw	85.0	3.0 oz	0.0
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving (3 oz)	0.0
05630	Emu, outside drum, raw	85.0	3.0 oz	0.0
05631	Emu, oyster, raw	85.0	3.0 oz	0.0
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving (3 oz)	0.0
11213	Endive, raw	25.0	0.5 cup, chopped	1.6
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0.0
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	0.0
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0.5
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	0.0
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.5
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.0
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	0.0
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	0.4
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	0.4
18264	English muffins, wheat	28.35	1.0 oz	0.0
18265	English muffins, wheat, toasted	28.35	1.0 oz	0.0
28320	English muffins, whole grain white	57.0	1.0 muffin 1 serving	0.0
18266	English muffins, whole-wheat	28.35	1.0 oz	0.0
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	0.0
11984	Epazote, raw	0.8	1.0 tbsp	0.0
11618	Eppaw, raw	100.0	1.0 cup	13.0
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	5.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	0.3
21142	Fast food, biscuit	55.0	1.0 biscuit	0.0
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	1.5
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	3.6
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	1.4
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	2.3
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	0.1
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	1.0
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	0.8
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	1.6
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	2.0
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	1.3
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	1.8
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	0.0
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	1.1
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	0.1
21010	Fast foods, biscuit, with crispy chicken fillet	132.0	1.0 item	0.9
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	0.1
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	2.7
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	0.0
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	0.0
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	0.0
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	0.2
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	0.0
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	43.0	1.0 breadstick	0.0
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	0.5
21060	Fast foods, burrito, with beans	217.0	2.0 pieces	2.0
21063	Fast foods, burrito, with beans and beef	241.0	1.0 item	4.6
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	0.7
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	3.1
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	4.5
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	258.0	1.0 sandwich	1.0
21396	Fast foods, cheeseburger; double, large patty; with condiments	280.0	1.0 item	1.7
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	1.8
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166.0	1.0 sandwich	1.7

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	0.7
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	0.0
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	4.5
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	2.7
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	0.0
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	0.6
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	211.0	1.0 item	1.5
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	233.0	1.0 sandwich	4.4
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	254.0	1.0 sandwich	7.4
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	2.4
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	0.5
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	0.7
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	0.0
21101	Fast foods, cheeseburger; triple, regular patty; plain	249.0	1.0 item	0.0
21102	Fast foods, chicken fillet sandwich, plain with pickles	187.0	1.0 sandwich	1.5
21401	Fast foods, chicken tenders	30.0	1.0 strip	0.3
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	0.6
21127	Fast foods, coleslaw	191.0	1.0 cup	27.9
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	0.5
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	133.0	1.0 item	0.4
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	271.0	1.0 sandwich	10.3
21011	Fast foods, croissant, with egg and cheese	127.0	1.0 croissant	0.1
21012	Fast foods, croissant, with egg, cheese, and bacon	128.0	1.0 item	0.1
21013	Fast foods, croissant, with egg, cheese, and ham	155.0	1.0 item	0.2
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	0.2
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	3.2
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	0.0
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	1.4
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	0.0
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	4.0
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	2.0
21024	Fast foods, french toast sticks	65.0	3.0 pieces	0.0
21023	Fast foods, french toast with butter	135.0	2.0 slices	0.1
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	203.0	1.0 breast, with skin	0.0
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	142.0	1.0 breast without skin	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.0
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.0
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh with skin	0.0
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh without skin	0.0
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	58.0	1.0 wing, with skin	0.0
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	37.0	1.0 wing without skin	0.0
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	3.1
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item	0.0
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item	0.0
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	230.0	1.0 sandwich	5.5
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	0.5
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	268.0	1.0 sandwich	11.8
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	0.5
21115	Fast foods, hamburger, large, triple patty, with condiments	259.0	1.0 sandwich	1.3
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226.0	1.0 sandwich	1.1
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	0.7
21111	Fast foods, hamburger; double, regular patty; with condiments	215.0	1.0 item	1.1
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	0.0
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	0.0
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	2.6
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	2.2
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	0.6
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	0.0
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	0.3
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	1.6
21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	0.1
21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	2.7
21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	0.0
21129	Fast foods, hush puppies	22.0	1.0 piece	0.0
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	0.0
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	0.9
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	0.0
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	1.6
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	3.3
21139	Fast foods, potato, mashed	242.0	1.0 cup	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
21026	Fast foods, potatoes, hash browns, round pieces or patty	5.5	1.0 round piece	0.3
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	0.2
21121	Fast foods, roast beef sandwich, plain	149.0	1.0 sandwich	0.0
21059	Fast foods, shrimp, breaded and fried	39.0	3.0 pieces shrimp	0.0
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	347.0	12.0 fl oz	18.0
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	148.0	6.0 inch sub	1.9
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	14.7
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	184.0	6.0 inch sub	1.7
21158	Fast foods, submarine sandwich, meatball marinara on white bread	209.0	6.0 inch sub	0.8
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	198.0	6.0 inch sub	2.4
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	0.0
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	201.0	6.0 inch sub	1.2
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	2.5
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	0.0
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	184.0	6.0 inch sub	2.2
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	413.0	12.0 inch sub	3.3
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	3.4
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	2.4
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	2.0
21083	Fast foods, taco salad	198.0	1.5 cup	3.6
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	0.3
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	0.1
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	0.2
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	1.1
01243	Fat free ice cream, no sugar added, flavors other than chocolate	68.0	0.5 cup	0.0
04001	Fat, beef tallow	12.8	1.0 tbsp	0.0
04542	Fat, chicken	12.8	1.0 tbsp	0.0
04574	Fat, duck	12.8	1.0 tbsp	0.0
04576	Fat, goose	12.8	1.0 tbsp	0.0
04520	Fat, mutton tallow	12.8	1.0 tbsp	0.0
04575	Fat, turkey	12.8	1.0 tbsp	0.0
09334	Feijoa, raw	243.0	1.0 cup, pureed	79.9
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	10.4
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	2.6

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	2.6
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	2.5
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	2.5
09095	Figs, dried, stewed	259.0	1.0 cup	11.4
09094	Figs, dried, uncooked	149.0	1.0 cup	1.8
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	1.3
11985	Fireweed, leaves, raw	23.0	1.0 cup, chopped	0.5
06963	Fish broth	244.0	1.0 cup	0.0
04589	Fish oil, cod liver	4.5	1.0 tsp	0.0
04590	Fish oil, herring	13.6	1.0 tbsp	0.0
04591	Fish oil, menhaden	13.6	1.0 tbsp	0.0
04592	Fish oil, menhaden, fully hydrogenated	12.5	1.0 tbsp	0.0
04593	Fish oil, salmon	13.6	1.0 tbsp	0.0
04594	Fish oil, sardine	13.6	1.0 tbsp	0.0
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	0.0
15001	Fish, anchovy, european, raw	85.0	3.0 oz	0.0
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	1.6
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	1.3
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	0.0
15004	Fish, bass, striped, raw	85.0	3.0 oz	0.0
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	0.0
15005	Fish, bluefish, raw	150.0	1.0 fillet	0.0
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	0.0
15006	Fish, burbot, raw	116.0	1.0 fillet	0.0
15191	Fish, butterfish, cooked, dry heat	25.0	1.0 fillet	0.0
15007	Fish, butterfish, raw	32.0	1.0 fillet	0.0
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	1.4
15008	Fish, carp, raw	85.0	3.0 oz	1.4
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	0.0
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	0.0
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	0.0
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	1.1
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	0.6
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	0.0
15013	Fish, cisco, raw	79.0	1.0 fillet	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
15014	Fish, cisco, smoked	28.35	1.0 oz	0.0
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	0.8
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	0.8
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	1.0
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	0.8
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	0.0
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	0.0
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	0.0
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	0.0
15193	Fish, cusk, cooked, dry heat	95.0	1.0 fillet	0.0
15022	Fish, cusk, raw	122.0	1.0 fillet	0.0
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	0.8
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	0.8
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.5
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	1.5
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	0.0
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0.0
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.0
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	0.3
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	0.0
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	0.0
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	0.0
15033	Fish, haddock, raw	85.0	3.0 oz	0.0
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	0.0
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	0.0
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	0.0
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	0.0
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	0.0
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	1.0
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	0.3
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	0.0
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.2
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	0.0
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	0.0
15198	Fish, ling, cooked, dry heat	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
15044	Fish, ling, raw	85.0	3.0 oz	0.0
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	0.0
15045	Fish, lingcod, raw	85.0	3.0 oz	0.0
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	0.4
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	0.4
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.3
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	1.4
15049	Fish, mackerel, king, raw	85.0	3.0 oz	1.4
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.6
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	1.7
83110	Fish, mackerel, salted	80.0	1.0 piece (5-1/2" x 1-1/2" x 1/2")	0.0
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	2.3
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	1.4
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	0.0
15023	Fish, mahimahi, raw	85.0	3.0 oz	0.0
15202	Fish, milkfish, cooked, dry heat	85.0	3.0 oz	0.0
15053	Fish, milkfish, raw	85.0	3.0 oz	0.0
15203	Fish, monkfish, cooked, dry heat	85.0	3.0 oz	0.8
15054	Fish, monkfish, raw	85.0	3.0 oz	0.8
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	1.1
15055	Fish, mullet, striped, raw	28.35	1.0 oz	0.3
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.0
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.0
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	0.8
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	1.0
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	3.2
15062	Fish, pike, northern, raw	85.0	3.0 oz	3.2
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	0.0
15064	Fish, pike, walleye, raw	85.0	3.0 oz	0.0
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	0.0
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	0.0
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	0.0
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	0.0
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	0.0
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
15206	Fish, pout, ocean, cooked, dry heat	137.0	0.5 fillet	0.0
15059	Fish, pout, ocean, raw	85.0	3.0 oz	0.0
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	0.0
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	0.0
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	4.6
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	2.2
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	0.0
15073	Fish, roughy, orange, raw	85.0	3.0 oz	0.0
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	0.0
15074	Fish, sablefish, raw	85.0	3.0 oz	0.0
15075	Fish, sablefish, smoked	28.35	1.0 oz	0.0
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	3.1
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	3.3
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	0.0
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	0.0
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	3.5
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	3.4
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	0.0
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	0.0
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	0.0
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	0.0
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	0.0
15079	Fish, salmon, chum, raw	85.0	3.0 oz	0.0
15239	Fish, salmon, coho, farmed, cooked, dry heat	143.0	1.0 fillet	2.1
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	0.9
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	1.2
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	0.8
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	0.8
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	0.0
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	0.0
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	0.0
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	0.0
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	0.0
15083	Fish, salmon, pink, raw	85.0	3.0 oz	0.0
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	0.0
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	0.0
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0.0
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	0.0
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	0.9
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	0.0
15090	Fish, scup, raw	85.0	3.0 oz	0.0
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	0.0
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	0.0
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	0.0
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	0.0
15215	Fish, shad, american, cooked, dry heat	144.0	1.0 fillet	0.0
15094	Fish, shad, american, raw	85.0	3.0 oz	0.0
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	0.0
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	0.0
15098	Fish, sheepshead, cooked, dry heat	85.0	3.0 oz	0.0
15097	Fish, sheepshead, raw	85.0	3.0 oz	0.0
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	0.0
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	0.0
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	1.4
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	1.4
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	0.0
15103	Fish, spot, raw	64.0	1.0 fillet	0.0
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	0.0
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	0.0
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	0.0
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	0.0
15107	Fish, sucker, white, raw	85.0	3.0 oz	0.0
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	0.4
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	0.5
15109	Fish, surimi	28.35	1.0 oz	0.0
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	0.0
15110	Fish, swordfish, raw	85.0	3.0 oz	0.0
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	0.0
15261	Fish, tilapia, raw	116.0	1.0 fillet	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	0.0
15112	Fish, tilefish, raw	85.0	3.0 oz	0.0
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	0.3
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	0.4
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	2.1
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	2.3
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	2.9
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	2.0
15128	Fish, tuna salad	85.0	3.0 oz	1.9
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0	3.0 oz	0.0
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	0.0
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	0.8
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0.0
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	0.0
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	0.0
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0.0
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	0.0
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	0.8
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	0.0
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	0.0
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	0.0
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	0.0
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	0.0
15222	Fish, turbot, european, cooked, dry heat	85.0	3.0 oz	1.4
15129	Fish, turbot, european, raw	85.0	3.0 oz	1.4
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	0.0
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	0.0
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	0.0
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	0.0
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	0.0
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	0.0
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	0.0
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	4.2
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	2.4
19187	Flan, caramel custard, dry mix	85.0	1.0 package (3 oz)	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	31.2	1.0 fl oz	0.0
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	0.0
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	0.5
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	32.6
25010	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Almond Snack Bar	22.0	1.0 bar	9.4
25018	Formulated bar, MARS SNACKFOOD US, COCOAVIA, Chocolate Blueberry Snack Bar	22.0	1.0 bar	9.3
25004	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Chewy Chocolate Peanut Bar	55.0	1.0 bar	79.4
25006	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Double Chocolate Nut Bar	55.0	1.0 bar	96.9
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	269.4
25008	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar	55.0	1.0 bar	97.0
25005	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON MULTIGRAIN CRUNCH BAR	55.0	1.0 bar	79.4
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	60.0
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	62.8
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	53.1
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	50.0	1.0 bar	60.0
42179	Frankfurter, beef, low fat	57.0	1.0 frankfurter	0.6
07905	Frankfurter, beef, pork, and turkey, fat free	57.0	1.0 frank 1 NLEA serving	13.7
07022	Frankfurter, beef, unheated	49.0	1.0 hot dog	0.0
07024	Frankfurter, chicken	85.0	3.0 oz	0.0
43507	Frankfurter, low sodium	57.0	1.0 frankfurter	0.0
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	0.0
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	9.7
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	9.2
42280	Frankfurter, meat and poultry, low fat	143.0	1.0 cup, sliced	0.6
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	11.5
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	0.0
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	0.0
07939	Frankfurter, pork	76.0	1.0 link	1.5
07025	Frankfurter, turkey	28.35	1.0 oz	0.0
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	0.1
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.1
80200	Frog legs, raw	45.0	1.0 leg	0.0
19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	0.0
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.0
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0.0
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	0.1
19228	Frostings, cream cheese-flavor, ready-to-eat	33.0	2.0 tbsp creamy	0.0
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	0.0
19375	Frostings, glaze, prepared-from-recipe	327.0	1.0 recipe yield	0.0
19244	Frostings, vanilla, creamy, dry mix	411.0	1.0 package	0.0
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.0
19230	Frostings, vanilla, creamy, ready-to-eat	38.0	0.083 package	0.0
19246	Frostings, white, fluffy, dry mix	207.0	1.0 package	0.0
19247	Frostings, white, fluffy, dry mix, prepared with water	315.0	1.0 package yields	0.0
19263	Frozen novelties, fruit and juice bars	77.0	1.0 bar (2.5 fl oz)	7.3
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	54.0	1.0 bar	0.4
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	0.0
19217	Frozen novelties, ice type, fruit, no sugar added	51.0	1.0 bar	0.0
19281	Frozen novelties, ice type, italian, restaurant-prepared	29.0	1.0 fl oz	0.1
19280	Frozen novelties, ice type, lime	99.0	0.5 cup (4 fl oz)	1.0
19387	Frozen novelties, ice type, pineapple-coconut	99.0	0.5 cup (4 fl oz)	13.1
19283	Frozen novelties, ice type, pop	52.0	1.0 serving 1.75 fl oz pop	0.4
43514	Frozen novelties, ice type, pop, with low calorie sweetener	55.0	1.0 serving 1.75 fl oz pop	5.7
19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	55.0	1.0 serving 1.75 fl oz pop	5.7
43450	Frozen novelties, juice type, juice with cream	71.0	2.5 oz	15.1
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	7.7
19856	Frozen novelties, juice type, POPSICLE SCRIBBLERS	33.0	1.0 serving 1.2 fl oz pop	0.4
19886	Frozen novelties, KLONDIKE, SLIM-A-BEAR Chocolate Cone	79.0	1.0 serving 1 cone	0.5
19874	Frozen novelties, KLONDIKE, SLIM-A-BEAR Fudge Bar, 98% fat free, no sugar added	74.0	1.0 serving 3.5 fl oz bar	0.7
19887	Frozen novelties, KLONDIKE, SLIM-A-BEAR Vanilla Sandwich	64.0	1.0 serving 1 sandwich	0.4
19890	Frozen novelties, KLONDIKE, SLIM-A-BEAR, No Sugar Added, Stickless Bar	78.0	1.0 serving 1 bar	0.8
19891	Frozen novelties, No Sugar Added CREAMSICLE Pops	44.0	1.0 serving 1 pop	0.2
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	0.0
19892	Frozen novelties, Sugar Free, CREAMSICLE Pops	80.0	1.0 serving 2 pops	0.0
42186	Frozen yogurts, chocolate	174.0	1.0 cup	0.0
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	186.0	1.0 cup	1.3
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	0.2
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	1.2

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	0.6
19294	Fruit butters, apple	17.0	1.0 tbsp	0.1
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	130.0	0.5 cup	2.5
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	123.0	0.5 cup	3.7
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	4.7
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	6.4
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	4.6
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	5.0
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	4.1
09514	Fruit juice smoothie, BOLTHOUSE FARMS, BERRY BOOST	252.0	1.0 cup	273.7
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	14.3
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	110.2
09511	Fruit juice smoothie, NAKED JUICE, BLUE MACHINE	240.0	8.0 fl oz	60.0
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	275.0	1.0 cup	22.6
09507	Fruit juice smoothie, NAKED JUICE, MIGHTY MANGO	240.0	8.0 fl oz	6.0
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	19.2
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	71.1
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	89.5
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	259.0	1.0 cup	5.4
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	6.1
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	249.0	1.0 cup	8.2
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	252.0	1.0 cup	6.3
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	245.0	1.0 cup	4.7
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	257.0	1.0 cup	45.0
19018	Fruit syrup	334.0	1.0 cup	5.3
11988	Fungi, Cloud ears, dried	28.0	1.0 cup	0.0
17330	Game meat, bison, ground, raw	85.0	1.0 serving (3 oz)	0.0
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.0
17145	Game meat, antelope, cooked, roasted	85.0	3.0 oz	0.0
17144	Game meat, antelope, raw	28.35	1.0 oz	0.0
17147	Game meat, bear, cooked, simmered	85.0	3.0 oz	0.0
17146	Game meat, bear, raw	28.35	1.0 oz	0.0

1915 Game moat, becover, cooked, roosted 88.0 3.0 oz 26	NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
17153 Game ment, beerlab, composite of cuts, cave 28.35 1.0 oz 2.0 oz 2.	17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	2.6
17152 Game meat, beefalor, composite of cuts, raw 28.35 1.0 oc 2.0 17333 Game meat, bison, check, shoulder food, separable lean only, rowed 85.0 1.0 serving (3 oz) 0.0 17334 Game meat, bison, check, shoulder food, separable lean only, rowed 85.0 1.0 serving (3 oz) 0.0 17335 Game meat, bison, check, shoulder cold, separable lean only, rowed 85.0 1.0 party (yield from 112.7 g raw meat) 0.0 17335 Game meat, bison, check, esparable lean only, if steak, cooked, broiled 85.0 1.0 party (yield from 112.7 g raw meat) 0.0 17335 Game meat, bison, show, esparable lean only, it steak, cooked, broiled 85.0 1.0 party (yield from 112.7 g raw meat) 0.0 17336 Game meat, bison, show, esparable lean only, it steak, cooked, broiled 85.0 1.0 serving (3 oz) 0.0 17336 Game meat, bison, show, esparable lean only, rowed 85.0 1.0 serving (3 oz) 0.0 17336 Game meat, bison, oper round, esparable lean only, it steak, cooked, broiled 85.0 1.0 serving (3 oz) 0.0 17337 Game meat, bison, oper round, esparable lean only, it steak, cooked, broiled 85.0 1.0 serving (3 oz) 0.0 17337 Game meat, bison, oper round, esparable lean only, it immed to 0" fat, raw 28.35 1.0 oz 0.0 17337 Game meat, bison, oper round, esparable lean only, it immed to 0" fat, row 28.35 1.0 oz 0.0 17339 Game meat, boar, wild, cooked, rousted 85.0 3.0 oz 0.0 17340 Game meat, boar, wild, cooked, rousted 85.0 3.0 oz 0.0 17341 Game meat, boar, wild, cooked, rousted 85.0 3.0 oz 0.0 17343 Game meat, boar, wild, raw 28.35 1.0 oz 0.0 17344 Game meat, deer, look, quasted 85.0 3.0 oz 0.0 17345 Game meat, deer, cooked, rousted 85.0 3.0 oz 0.0 17346 Game meat, deer, cooked, pas-broiled 85.0 1.0 party (yield from 4 oz raw) 0.0 17347 Game meat, deer, fooi, separable lean only, viseak, cooked, broiled 85.0 1.0 party (yield from 4 oz raw) 0.0 17	17150	Game meat, beaver, raw	28.35	1.0 oz	0.6
17333 Game meat, hison, chuck, shoulder clord, separable lean only, row of the state of the	17153	Game meat, beefalo, composite of cuts, cooked, roasted	85.0	3.0 oz	7.6
17334 Game meat, bison, chuck, shoulder clod, separable lean only, raw 85.0 1.0 patty (yield from 11.2 T_g raw meat) 0.0 17331 Game meat, bison, ground, cooked, pan-broiled 85.0 1.0 patty (yield from 11.2 T_g raw meat) 0.0 17385 Game meat, bison, spearable lean only, trimmed to 0" fat, raw 28.35 1.0 oz 0.0 17357 Game meat, bison, spearable lean only, croked, roasted 85.0 3.0 oz 0.0 17358 Game meat, bison, spearable lean only, trimmed to 0" fat, raw 28.35 1.0 oz 0.0 17269 Game meat, bison, spearable lean only, trimmed to 0" fat, raw 28.35 1.0 oz 0.0 17337 Game meat, bison, spearable lean only, trimmed to 0" fat, raw 28.35 1.0 oz 0.0 17338 Game meat, bison, boulder (od., spearable lean only, trimmed to 0" fat, raw 85.0 1.0 serving (3 oz) 0.0 17337 Game meat, bison, to pround, separable lean only, trimmed to 0" fat, raw 85.0 1.0 serving (3 oz) 0.0 17347 Game meat, boar, vid, cooked, roasted 85.0 3.0 oz 0.0 17158 Game meat, bear, voil, cooked, roaste	17152	Game meat, beefalo, composite of cuts, raw	28.35	1.0 oz	2.0
1733 Giane meat, bison, ground, cooked, pun-broiled 87.0 1.0 party (yield from 112.7 g raw meat) 0.0 1735 Game meat, bison, ribeye, separable lean only, 1' steak, cooked, broiled 85.0 1.0 serving (3 α α 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	0.0
17335 Game meat, bison, ribeye, separable lean only, I" steak, cooked, broiled 85.0 1.0 serving (3 σz) 0.0 17268 Game meat, bison, theye, separable lean only, trimmed to 0" far, raw 28.35 1.0 σz 0.0 17157 Game meat, bison, separable lean only, crowled 85.0 3.0 σz 0.0 17158 Game meat, bison, separable lean only, crowled 75 mt, raw 28.35 1.0 σz 0.0 17269 Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw 28.35 1.0 σz 0.0 17336 Game meat, bison, thour pround, separable lean only, 1" steak, cooked, broiled 85.0 1.0 serving (3 σz) 0.0 17337 Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled 85.0 1.0 serving (3 σz) 0.0 17359 Game meat, bison, top sirboin, separable lean only, 1" steak, cooked, broiled 85.0 1.0 serving (3 σz) 0.0 17159 Game meat, bison, top sirboin, separable lean only, 1" steak, cooked, separable lean only, 2" steak, cooked, separab	17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	85.0	1.0 serving (3 oz)	0.0
17268 Game meat, bison, ribeys, sparable lean only, trinimed to 0" fat, raw 28.55 1.0 or 0.0 17157 Game meat, bison, separable lean only, croked, roasted 85.0 3.0 oz 0.0 17156 Game meat, bison, separable lean only, trinmed to 0" fat, raw 28.35 1.0 oz 0.0 17269 Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled 85.0 1.0 serving (3 oz) 0.0 17336 Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled 85.0 1.0 serving (3 oz) 0.0 17337 Game meat, bison, top round, separable lean only, trimmed to 0" fat, raw 28.35 1.0 serving (3 oz) 0.0 17159 Game meat, bison, top pridin, separable lean only, trimmed to 0" fat, raw 28.35 1.0 oz 0.0 17159 Game meat, boar, wild, cooked, roasted 85.0 3.0 oz 0.0 17159 Game meat, boar, wild, raw 28.35 1.0 oz 0.0 17161 Game meat, buffalo, water, cooked, roasted 85.0 3.0 oz 0.0 17162 Game meat, deer, coribou, raw 28.35 1.0 oz 0.0	17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	0.0
17157 Game meat, bison, separable lean only, cowled, roasted 850 3.0 α 0.0 17156 Game meat, bison, separable lean only, raw 28.35 1.0 α 0.0 17269 Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw 28.35 1.0 serving (3 α α) 0.0 17337 Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled 850 1.0 serving (3 α α) 0.0 17267 Game meat, bison, top round, separable lean only, 1" steak, raw 850 1.0 serving (3 α α) 0.0 17267 Game meat, bow, voll, cooked, roasted 850 3.0 α 0.0 17159 Game meat, bow, voll, raw 28.35 1.0 α α 0.0 17161 Game meat, buffalo, water, cooked, roasted 850 3.0 α 0.0 17161 Game meat, buffalo, water, carbou, cooked, roasted 850 3.0 α 2.6 17162 Game meat, carbou, cooked, roasted 850 3.0 α 0.0 17163 Game meat, deer, ground, cooked, proable lean only, cooked, proabl	17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.0
17156 Game meat, bison, separable lean only, raw 28.35 1.0 αz 0.0 17269 Game meat, bison, shoulder clod, separable lean only, 1" steak, cooked, broiled 85.0 1.0 serving (3 αz) 0.0 17336 Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled 85.0 1.0 serving (3 αz) 0.0 17337 Game meat, bison, top round, separable lean only, 1" steak, raw 85.0 1.0 serving (3 αz) 0.0 17159 Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw 28.35 1.0 αz 0.0 17159 Game meat, boar, wild, crosked, roasted 85.0 3.0 αz 0.0 17158 Game meat, boar, wild, raw 28.35 1.0 αz 0.0 17161 Game meat, buffalo, water, crosked, roasted 85.0 3.0 αz 0.0 17162 Game meat, buffalo, water, raw 28.35 1.0 αz 0.0 17163 Game meat, caribou, cooked, roasted 85.0 3.0 αz 0.0 17164 Game meat, deer, corosked, roasted 85.0 3.0 αz 0.0 17344 Game meat, deer, corosked, roasted 85.0 3.0 αz 0.0 17345 Game meat, deer, corosked, roasted 85.0 3.0 αz 0.0 17346 Game meat, deer, corosked, pan-broiled 95.0 1.0 patty (cooked from 4 αz raw) 0.0 17345 Game meat, deer, ground, cooked, pan-broiled 85.0 1.0 patty (cooked from 4 αz raw) 0.0 17346 Game meat, deer, rown 28.35 1.0 αz 0.0 17347 Game meat, deer, rown 28.35 1.0 αz 0.0 17348 Game meat, deer, rown 28.35 1.0 αz 0.0 17349 Game meat, deer, rown 28.35 1.0 αz 0.0 17349 Game meat, deer, rown 28.35 1.0 αz 0.0 17349 Game meat, deer, rown 28.35 1.0 αz 0.0 17349 Game meat, deer, rown 28.35 1.0 αz 0.0 17349 Game meat, deer, rown 28.35 1.0 αz 0.0 17349 Game meat, deer, rown 28.35 1.0 αz 0.0 17349 Game meat, deer, rown 28.35 1.0 αz 0.0 17349 Game meat, deer, rown 28.35 1.0 αz 0.0 17349 Game meat, deer, rown 28.35 1.0 αz 0.0 17349 Game meat, deer, rown 28.35 1.0 αz	17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.0
17269 Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw 28.35 1.0 oz 0.0 17337 Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled 85.0 1.0 serving (3 oz) 0.0 17337 Game meat, bison, top round, separable lean only, 1" steak, raw 28.53 1.0 oz 0.0 17267 Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw 28.53 1.0 oz 0.0 17159 Game meat, bison, wild, cooked, rousted 85.0 3.0 oz 0.0 17158 Game meat, boar, wild, cooked, rousted 85.0 3.0 oz 0.0 17161 Game meat, buffalo, water, cooked, roasted 88.0 3.0 oz 0.0 17160 Game meat, buffalo, water, raw 28.35 1.0 oz 0.0 17161 Game meat, cooked, coasted 85.0 3.0 oz 2.6 17162 Game meat, caribou, cooked, coasted 85.0 3.0 oz 2.6 17163 Game meat, deer, cooked, posted 85.0 3.0 oz 2.6 17164 Game meat, deer, cooked, posted 85.0 3.0 oz 0.0 17344 Game meat, deer, ground, cooked, posted 85.0 3.0 oz 0.0 17345 Game meat, deer, ground, raw 85.0 1.0 patty (cooked from 4 oz raw) 0.0 17346 Game meat, deer, ground, raw 85.0 1.0 patty (cooked from 4 oz raw) 0.0 17347 Game meat, deer, ground, row 85.0 1.0 patty (cooked from 4 oz raw) 0.0 17348 Game meat, deer, shoulder clod, separable lean only, cooked, broiled 85.0 1.0 serving (3 oz) 0.0 17347 Game meat, deer, shoulder clod, separable lean only, cooked, broiled 85.0 1.0 serving (3 oz) 0.0 17348 Game meat, deer, toround, separable lean only, cooked, broiled 85.0 1.0 patty (yield from 134.9 g raw meat) 0.0 17349 Game meat, deer, toround, separable lean only, cooked, broiled 85.0 1.0 patty (yield from 134.9 g raw meat) 0.0 17348 Game meat, deer, toround, separable lean only, cooked, broiled 85.0 1.0 patty (yield from 134.9 g raw meat) 0.0 17349 Game meat, elk, ground, cooked, pon-broiled 85.0 1.0 patty (yield fr	17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	0.0
17336 Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled 85.0 1.0 serving (3 σz) 0.0 17337 Game meat, bison, top round, separable lean only, 1" steak, raw 85.0 1.0 serving (3 σz) 0.0 17267 Game meat, bison, top priorion, separable lean only, 1 trimmed to 0" fat, raw 28.35 1.0 σz 0.0 17159 Game meat, boar, wild, cooked, roasted 85.0 3.0 σz 0.0 17161 Game meat, buffalo, water, cooked, roasted 85.0 3.0 σz 0.0 17160 Game meat, buffalo, water, raw 28.35 1.0 σz 0.0 17161 Game meat, caribou, cooked, roasted 85.0 3.0 σz 0.0 17161 Game meat, deer, cooked, roasted 85.0 3.0 σz 0.0 17162 Game meat, deer, cooked, roasted 85.0 3.0 σz 0.0 17343 Game meat, deer, ground, row 85.0 1.0 patty (cooked from 4 σz raw) 0.0 17344 Game meat, deer, join, separable lean only, 1" steak, cooked, broiled 54.0 1.0 patty (cooked from 4 σz raw) 0.0 17345 Gam	17156	Game meat, bison, separable lean only, raw	28.35	1.0 oz	0.0
17337 Game meat, bison, top round, separable lean only, 1" steak, raw 85.0 1.0 serving (3 oz) 0.0 17267 Game meat, boar, wild, cooked, roasted 85.0 3.0 oz 0.0 17159 Game meat, boar, wild, cooked, roasted 85.0 3.0 oz 0.0 17158 Game meat, boar, wild, raw 28.35 1.0 oz 0.0 17160 Game meat, buffalo, water, cooked, roasted 85.0 3.0 oz 0.0 17163 Game meat, caribou, cooked, roasted 85.0 3.0 oz 2.6 17162 Game meat, caribou, cooked, roasted 85.0 3.0 oz 2.6 17165 Game meat, deer, cooked, roasted 85.0 3.0 oz 2.6 17165 Game meat, deer, cooked, roasted 85.0 3.0 oz 0.0 17344 Game meat, deer, ground, cooked, pon-broiled 85.0 1.0 patty (cooked from 4 oz raw) 0.0 17345 Game meat, deer, ground, raw 85.0 1.0 patty (cooked from 4 oz raw) 0.0 17346 Game meat, deer, faw 28.35 1.0 oz 0.0	17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.0
17267 Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw 28.35 1.0 oz 0.0 17159 Game meat, boar, wild, cooked, roasted 85.0 3.0 oz 0.0 17158 Game meat, boar, wild, raw 28.35 1.0 oz 0.0 17161 Game meat, burfalo, water, cooked, roasted 85.0 3.0 oz 0.0 17160 Game meat, caribou, cooked, roasted 85.0 3.0 oz 2.6 17162 Game meat, caribou, raw 28.35 1.0 oz 0.0 17165 Game meat, deer, cooked, roasted 85.0 3.0 oz 2.6 17165 Game meat, deer, ground, cooked, pan-broiled 85.0 3.0 oz 0.0 17344 Game meat, deer, ground, raw 85.0 1.0 patty (cooked from 4 oz raw) 0.0 17345 Game meat, deer, join, separable lean only, 1" steak, cooked, broiled 54.0 1.0 patty (cooked from 4 oz raw) 0.0 17346 Game meat, deer, shoulder clod, separable lean only, cooked, broiled 85.0 1.0 serving (3 oz) 0.0 17347 Game meat, deer, tondroin, separable lean only, cooked, b	17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.0
17159 Game meat, boar, wild, cooked, roasted 85.0 3.0 oz 0.0 17158 Game meat, buffalo, water, cooked, roasted 85.0 3.0 oz 0.0 17161 Game meat, buffalo, water, cooked, roasted 85.0 3.0 oz 0.0 17160 Game meat, caribou, cooked, roasted 85.0 3.0 oz 2.6 17162 Game meat, caribou, cooked, roasted 85.0 3.0 oz 2.6 17165 Game meat, deer, cooked, roasted 85.0 3.0 oz 0.0 17344 Game meat, deer, ground, cooked, pan-broiled 93.0 1.0 patty (cooked from 4 oz raw) 0.0 17345 Game meat, deer, ground, raw 85.0 1.0 patty (cooked from 4 oz raw) 0.0 17345 Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled 54.0 1.0 patty (cooked from 4 oz raw) 0.0 17346 Game meat, deer, shoulder clod, separable lean only, cooked, braised 85.0 1.0 patty (cooked from 4 oz raw) 0.0 17347 Game meat, deer, tenderloin, separable lean only, cooked, braised 85.0 1.0 serving (3 oz) 0.0 17348 Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled 85	17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving (3 oz)	0.0
17158 Game meat, boar, wild, raw 28.35 1.0 oz 0.0 17161 Game meat, buffalo, water, cooked, roasted 85.0 3.0 oz 0.0 17160 Game meat, buffalo, water, raw 28.35 1.0 oz 0.0 17163 Game meat, caribou, cooked, roasted 85.0 3.0 oz 2.6 17162 Game meat, deer, cooked, roasted 85.0 3.0 oz 0.0 17344 Game meat, deer, cooked, pan-broiled 85.0 3.0 oz 0.0 17343 Game meat, deer, ground, cooked, pan-broiled 93.0 1.0 patty (cooked from 4 oz raw) 0.0 17345 Game meat, deer, ground, raw 85.0 1.0 patty (cooked from 4 oz raw) 0.0 17346 Game meat, deer, spround, raw 85.0 1.0 patty (cooked from 4 oz raw) 0.0 17346 Game meat, deer, shoulder clod, separable lean only, 1" steak, cooked, broiled 54.0 1.0 serving (3 oz) 0.0 17347 Game meat, deer, tenderloin, separable lean only, cooked, broiled 85.0 1.0 steak (yield from 134.9 g raw meat) 0.0 17348 Game meat, elk, ground, cooked, p	17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.0
17161 Game meat, buffalo, water, cooked, roasted 85.0 3.0 oz 0.0 17160 Game meat, buffalo, water, raw 28.35 1.0 oz 0.0 17163 Game meat, caribou, cooked, roasted 85.0 3.0 oz 2.6 17162 Game meat, deer, cooked, roasted 85.0 3.0 oz 0.0 17344 Game meat, deer, ground, cooked, pan-broiled 93.0 1.0 patty (cooked from 4 oz raw) 0.0 17345 Game meat, deer, ground, raw 85.0 1.0 patty (cooked from 4 oz raw) 0.0 17345 Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled 54.0 1.0 patty (cooked from 4 oz raw) 0.0 17345 Game meat, deer, shoulder clod, separable lean only, cooked, broiled 54.0 1.0 steak 0.0 17346 Game meat, deer, shoulder clod, separable lean only, cooked, broiled 85.0 1.0 serving (3 oz) 0.0 17347 Game meat, deer, top round, separable lean only, cooked, broiled 85.0 1.0 seak (yield from 134.9 g raw meat) 0.0 17348 Game meat, elk, cooked, prosted 85.0 1.0 patty (yield from 104.1 g raw meat)	17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	0.0
17160 Game meat, buffalo, water, raw 28.35 1.0 oz 0.0 17163 Game meat, caribou, cooked, roasted 85.0 3.0 oz 2.6 17162 Game meat, deer, cooked, roasted 85.0 3.0 oz 0.0 17344 Game meat, deer, ground, cooked, pan-broiled 93.0 1.0 patty (cooked from 4 oz raw) 0.0 17343 Game meat, deer, ground, raw 85.0 1.0 patty (cooked from 4 oz raw) 0.0 17345 Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled 54.0 1.0 steak 0.0 17346 Game meat, deer, shoulder clod, separable lean only, cooked, broiled 85.0 1.0 serving (3 oz) 0.0 17346 Game meat, deer, thoulder clod, separable lean only, cooked, broiled 85.0 1.0 serving (3 oz) 0.0 17347 Game meat, deer, thoulder clod, separable lean only, cooked, broiled 85.0 1.0 serving (3 oz) 0.0 17348 Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled 85.0 1.0 steak (yield from 134.9 g raw meat) 0.0 17349 Game meat, elk, cooked, roasted 85.0 1.0 patty (yield	17158	Game meat, boar, wild, raw	28.35	1.0 oz	0.0
17163 Game meat, caribou, cooked, roasted 85.0 3.0 oz 2.6 17162 Game meat, caribou, raw 28.35 1.0 oz 0.0 17165 Game meat, deer, cooked, roasted 85.0 3.0 oz 0.0 17344 Game meat, deer, ground, cooked, pan-broiled 93.0 1.0 patty (cooked from 4 oz raw) 0.0 17343 Game meat, deer, ground, raw 85.0 1.0 patty (cooked from 4 oz raw) 0.0 17345 Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled 54.0 1.0 steak 0.0 17346 Game meat, deer, shoulder clod, separable lean only, cooked, broiled 85.0 1.0 serving (3 oz) 0.0 17347 Game meat, deer, tenderloin, separable lean only, cooked, broiled 85.0 1.0 steak (yield from 134.9 g raw meat) 0.0 17348 Game meat, eler, top round, separable lean only, 1" steak, cooked, broiled 102.0 1.0 steak (yield from 104.1 g raw meat) 0.0 17349 Game meat, elk, ground, cooked, pan-broiled 95.0 1.0 patty (yield from 104.1 g raw meat) 0.0 17340 Game meat, elk, loin, separable lean only, cooked, broiled 114.0 1.0 patty (yield from 104.1 g raw meat) 0.0 <t< td=""><td>17161</td><td>Game meat, buffalo, water, cooked, roasted</td><td>85.0</td><td>3.0 oz</td><td>0.0</td></t<>	17161	Game meat, buffalo, water, cooked, roasted	85.0	3.0 oz	0.0
17162 Game meat, caribou, raw 28.35 1.0 oz 0.0 17165 Game meat, deer, cooked, roasted 85.0 3.0 oz 0.0 17344 Game meat, deer, ground, cooked, pan-broiled 93.0 1.0 patty (cooked from 4 oz raw) 0.0 17343 Game meat, deer, ground, raw 85.0 1.0 patty (cooked from 4 oz raw) 0.0 17345 Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled 54.0 1.0 steak 0.0 17346 Game meat, deer, shoulder clod, separable lean only, cooked, broiled 85.0 1.0 serving (3 oz) 0.0 17347 Game meat, deer, tenderloin, separable lean only, cooked, broiled 85.0 1.0 serving (3 oz) 0.0 17348 Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled 85.0 1.0 steak (yield from 134.9 g raw meat) 0.0 17349 Game meat, elk, cooked, roasted 85.0 3.0 oz 0.0 17339 Game meat, elk, ground, cooked, pan-broiled 95.0 1.0 patty (yield from 104.1 g raw meat) 0.0 17340 Game meat, elk, ground, raw 102.0 1.0 patty (yield from 104.2 g raw meat)	17160	Game meat, buffalo, water, raw	28.35	1.0 oz	0.0
17165 Game meat, deer, cooked, roasted 85.0 3.0 oz 0.0 17344 Game meat, deer, ground, cooked, pan-broiled 93.0 1.0 patty (cooked from 4 oz raw) 0.0 17343 Game meat, deer, ground, raw 85.0 1.0 patty (cooked from 4 oz raw) 0.0 17345 Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled 54.0 1.0 steak 0.0 17346 Game meat, deer, raw 28.35 1.0 serving (3 oz) 0.0 17347 Game meat, deer, tenderloin, separable lean only, cooked, broiled 85.0 1.0 serving (3 oz) 0.0 17348 Game meat, deer, tenderloin, separable lean only, cooked, broiled 85.0 1.0 steak (yield from 134.9 g raw meat) 0.0 17348 Game meat, elek, cooked, roasted 85.0 3.0 oz 0.0 17349 Game meat, elk, ground, cooked, pan-broiled 85.0 3.0 oz 0.0 17339 Game meat, elk, ground, cooked, pan-broiled 95.0 1.0 patty (yield from 104.1 g raw meat) 0.0 17330 Game meat, elk, ground, raw 102.0 1.0 patty (yield from 102.2 g raw meat) 0.0	17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	2.6
17344 Game meat, deer, ground, cooked, pan-broiled 93.0 1.0 patty 0.0 17343 Game meat, deer, ground, raw 85.0 1.0 patty (cooked from 4 oz raw) 0.0 17345 Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled 54.0 1.0 steak 0.0 17346 Game meat, deer, shoulder clod, separable lean only, cooked, braised 85.0 1.0 serving (3 oz) 0.0 17347 Game meat, deer, tenderloin, separable lean only, cooked, broiled 85.0 1.0 serving (3 oz) 0.0 17348 Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled 102.0 1.0 steak (yield from 134.9 g raw meat) 0.0 1767 Game meat, elk, cooked, roasted 85.0 3.0 oz 0.0 17339 Game meat, elk, ground, cooked, pan-broiled 95.0 1.0 patty (yield from 104.1 g raw meat) 0.0 17338 Game meat, elk, ground, raw 102.0 1.0 patty (yield from 102.2 g raw meat) 0.0 17340 Game meat, elk, loin, separable lean only, cooked, broiled 114.0 1.0 steak (yield from 148.1 g raw meat) 0.0 17366 Game meat, elk, raw	17162	Game meat, caribou, raw	28.35	1.0 oz	0.0
17343 Game meat, deer, ground, raw 85.0 1.0 patty (cooked from 4 oz raw) 0.0 17345 Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled 54.0 1.0 steak 0.0 17164 Game meat, deer, raw 28.35 1.0 oz 0.0 17346 Game meat, deer, shoulder clod, separable lean only, cooked, braised 85.0 1.0 serving (3 oz) 0.0 17347 Game meat, deer, tenderloin, separable lean only, cooked, broiled 85.0 1.0 serving (3 oz) 0.0 17348 Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled 102.0 1.0 steak (yield from 134.9 g raw meat) 0.0 17167 Game meat, elk, cooked, roasted 85.0 3.0 oz 0.0 17339 Game meat, elk, ground, cooked, pan-broiled 95.0 1.0 patty (yield from 104.1 g raw meat) 0.0 17338 Game meat, elk, ground, raw 102.0 1.0 patty (yield from 102.2 g raw meat) 0.0 17340 Game meat, elk, loin, separable lean only, cooked, broiled 114.0 1.0 steak (yield from 148.1 g raw meat) 0.0 17340 Game meat, elk, loin, separable lean only, cooked, broiled 114.0 1.0 steak (yield from 148.1 g raw meat) 0.	17165	Game meat, deer, cooked, roasted	85.0	3.0 oz	0.0
17345 Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled 54.0 1.0 steak 0.0 17164 Game meat, deer, raw 28.35 1.0 oz 0.0 17346 Game meat, deer, shoulder clod, separable lean only, cooked, braised 85.0 1.0 serving (3 oz) 0.0 17347 Game meat, deer, tenderloin, separable lean only, cooked, broiled 85.0 1.0 serving (3 oz) 0.0 17348 Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled 102.0 1.0 steak (yield from 134.9 g raw meat) 0.0 17167 Game meat, elk, cooked, roasted 85.0 3.0 oz 0.0 17339 Game meat, elk, ground, cooked, pan-broiled 95.0 1.0 patty (yield from 104.1 g raw meat) 0.0 17338 Game meat, elk, ground, raw 102.0 1.0 patty (yield from 102.2 g raw meat) 0.0 17340 Game meat, elk, loin, separable lean only, cooked, broiled 114.0 1.0 steak (yield from 148.1 g raw meat) 0.0 17166 Game meat, elk, raw 28.35 1.0 oz 0.0	17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	0.0
17164 Game meat, deer, raw 28.35 1.0 oz 0.0 17346 Game meat, deer, shoulder clod, separable lean only, cooked, braised 85.0 1.0 serving (3 oz) 0.0 17347 Game meat, deer, tenderloin, separable lean only, cooked, broiled 85.0 1.0 serving (3 oz) 0.0 17348 Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled 102.0 1.0 steak (yield from 134.9 g raw meat) 0.0 17167 Game meat, elk, cooked, roasted 85.0 3.0 oz 0.0 17339 Game meat, elk, ground, cooked, pan-broiled 95.0 1.0 patty (yield from 104.1 g raw meat) 0.0 17338 Game meat, elk, ground, raw 102.0 1.0 patty (yield from 102.2 g raw meat) 0.0 17340 Game meat, elk, loin, separable lean only, cooked, broiled 114.0 1.0 steak (yield from 148.1 g raw meat) 0.0 17166 Game meat, elk, raw 28.35 1.0 oz 0.0	17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.0
17346 Game meat, deer, shoulder clod, separable lean only, cooked, braised 85.0 1.0 serving (3 oz) 0.0 17347 Game meat, deer, tenderloin, separable lean only, cooked, broiled 85.0 1.0 serving (3 oz) 0.0 17348 Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled 102.0 1.0 steak (yield from 134.9 g raw meat) 0.0 17167 Game meat, elk, cooked, roasted 85.0 3.0 oz 0.0 17339 Game meat, elk, ground, cooked, pan-broiled 95.0 1.0 patty (yield from 104.1 g raw meat) 0.0 17338 Game meat, elk, ground, raw 102.0 1.0 patty (yield from 102.2 g raw meat) 0.0 17340 Game meat, elk, loin, separable lean only, cooked, broiled 114.0 1.0 steak (yield from 148.1 g raw meat) 0.0 17166 Game meat, elk, raw 28.35 1.0 oz 0.0	17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0.0
Game meat, deer, tenderloin, separable lean only, cooked, broiled Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled 102.0 1.0 steak (yield from 134.9 g raw meat) Output (yield from 104.1 g raw meat) Output (yield from 104.1 g raw meat) Output (yield from 102.2 g raw meat) Output (yield from 148.1 g raw meat)	17164	Game meat, deer, raw	28.35	1.0 oz	0.0
Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled 102.0 1.0 steak (yield from 134.9 g raw meat) 0.0 17167 Game meat, elk, cooked, roasted 85.0 3.0 oz 0.0 17339 Game meat, elk, ground, cooked, pan-broiled 95.0 1.0 patty (yield from 104.1 g raw meat) 0.0 17338 Game meat, elk, ground, raw 102.0 1.0 patty (yield from 102.2 g raw meat) 0.0 17340 Game meat, elk, loin, separable lean only, cooked, broiled 114.0 1.0 steak (yield from 148.1 g raw meat) 0.0 17166 Game meat, elk, raw 28.35 1.0 oz 0.0	17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	0.0
17167 Game meat, elk, cooked, roasted 85.0 3.0 oz 0.0 17339 Game meat, elk, ground, cooked, pan-broiled 95.0 1.0 patty (yield from 104.1 g raw meat) 0.0 17338 Game meat, elk, ground, raw 102.0 1.0 patty (yield from 102.2 g raw meat) 0.0 17340 Game meat, elk, loin, separable lean only, cooked, broiled 114.0 1.0 steak (yield from 148.1 g raw meat) 0.0 17166 Game meat, elk, raw 28.35 1.0 oz 0.0	17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	0.0
17339 Game meat, elk, ground, cooked, pan-broiled 95.0 1.0 patty (yield from 104.1 g raw meat) 0.0 17338 Game meat, elk, ground, raw 102.0 1.0 patty (yield from 102.2 g raw meat) 0.0 17340 Game meat, elk, loin, separable lean only, cooked, broiled 114.0 1.0 steak (yield from 148.1 g raw meat) 0.0 17166 Game meat, elk, raw 28.35 1.0 oz 0.0	17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak (yield from 134.9 g raw meat)	0.0
17338 Game meat, elk, ground, raw 102.0 1.0 patty (yield from 102.2 g raw meat) 0.0 17340 Game meat, elk, loin, separable lean only, cooked, broiled 114.0 1.0 steak (yield from 148.1 g raw meat) 0.0 17166 Game meat, elk, raw 28.35 1.0 oz 0.0	17167	Game meat, elk, cooked, roasted	85.0	3.0 oz	0.0
Game meat, elk, loin, separable lean only, cooked, broiled 114.0 1.0 steak (yield from 148.1 g raw meat) 0.0 Game meat, elk, raw 28.35 1.0 oz 0.0	17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	0.0
17166 Game meat, elk, raw 28.35 1.0 oz 0.0	17338	Game meat, elk, ground, raw	102.0	1.0 patty (yield from 102.2 g raw meat)	0.0
	17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak (yield from 148.1 g raw meat)	0.0
Game meat, elk, round, separable lean only, cooked, broiled 85.0 1.0 serving (3 oz) 0.0	17166	Game meat, elk, raw	28.35	1.0 oz	0.0
	17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak (yield from 123.5 g raw meat)	0.0
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	0.0
17171	Game meat, horse, cooked, roasted	85.0	3.0 oz	1.7
17170	Game meat, horse, raw	28.35	1.0 oz	0.3
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	4.2
17172	Game meat, moose, raw	28.35	1.0 oz	1.1
17175	Game meat, muskrat, cooked, roasted	85.0	3.0 oz	6.0
17174	Game meat, muskrat, raw	28.35	1.0 oz	1.4
17176	Game meat, opossum, cooked, roasted	85.0	3.0 oz	0.0
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	85.0	3.0 oz	0.0
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	0.0
17177	Game meat, rabbit, domesticated, composite of cuts, raw	28.35	1.0 oz	0.0
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	0.0
17180	Game meat, rabbit, wild, raw	28.35	1.0 oz	0.0
17182	Game meat, raccoon, cooked, roasted	85.0	3.0 oz	0.0
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	0.0
17183	Game meat, squirrel, raw	28.35	1.0 oz	0.0
16570	GARDENBURGER Black Bean Chipotle Burger, frozen, unprepared	71.0	1.0 patty	0.0
16581	GARDENBURGER Flame Grilled Burger, frozen, unprepared	96.0	1.0 patty	1.0
16579	GARDENBURGER Original, frozen, unprepared	71.0	1.0 patty	0.0
16584	GARDENBURGER Savory Portabella Veggie Burger, frozen, unprepared	71.0	1.0 patty	0.0
16585	GARDENBURGER Sun-Dried Tomato Basil Burger, frozen, unprepared	71.0	1.0 patty	8.5
16586	GARDENBURGER Veggie Medley Burger, frozen, unprepared	71.0	1.0 patty	0.0
18963	Garlic bread, frozen	43.0	1.0 slice presliced	0.1
11215	Garlic, raw	136.0	1.0 cup	42.4
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	0.0
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	0.0
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	6.4	1.0 serving	0.0
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	9.0	1.0 tbsp	44.1
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	9.0	1.0 tbsp	0.0
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117.0	0.5 cup	0.0
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	53.4
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	0.0
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11216	Ginger root, raw	2.0	1.0 tsp	0.1
17168	Goat, raw	28.35	1.0 oz	0.0
09110	Goji berries, dried	28.0	5.0 tbsp	13.6
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.0
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	3.6
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	0.0
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	6.1
05150	Goose, liver, raw	94.0	1.0 liver	4.2
09109	Gooseberries, canned, light syrup pack, solids and liquids	252.0	1.0 cup	25.2
09107	Gooseberries, raw	150.0	1.0 cup	41.6
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	178.0	1.0 cup (1" pieces)	10.1
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	178.0	1.0 cup (1" pieces)	10.1
11220	Gourd, dishcloth (towelgourd), raw	95.0	1.0 cup (1" pieces)	11.4
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	12.4
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	12.4
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	5.9
42139	Granola bar, soft, milk chocolate coated, peanut butter	28.35	1.0 oz	0.2
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	63.2
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	63.2
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	0.3
11975	Grape leaves, canned	4.0	1.0 leaf	0.5
11974	Grape leaves, raw	14.0	1.0 cup	1.6
09127	Grapefruit juice, pink or red, with added calcium	240.0	8.0 fl oz	60.0
09404	Grapefruit juice, pink, raw	247.0	1.0 cup	93.9
09416	Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	247.0	1.0 cup	69.9
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	69.9
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	67.2
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	83.2
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	248.0
09128	Grapefruit juice, white, raw	247.0	1.0 cup	93.9
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	79.1
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	71.8
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	87.6
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	85.1
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	76.6

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	76.6
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	85.1
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	84.4
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	54.1
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	53.2
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	3.7
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	2.6
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	2.4
09129	Grapes, muscadine, raw	6.0	1.0 grape	0.4
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	4.8
06114	Gravy, au jus, canned	59.0	0.25 cup	0.6
06115	Gravy, au jus, dry	3.0	1.0 tsp	0.0
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	0.0
06957	Gravy, brown instant, dry	6.7	1.0 serving	0.1
06118	Gravy, brown, dry	6.0	1.0 tbsp	0.0
06997	Gravy, CAMPBELL'S, beef	59.0	0.25 cup	0.0
06324	Gravy, CAMPBELL'S, beef, microwavable	59.0	0.25 cup	0.0
06325	Gravy, CAMPBELL'S, chicken, microwavable	60.0	0.25 cup	0.0
06318	Gravy, CAMPBELL'S, country style cream	59.0	0.25 cup	0.0
06319	Gravy, CAMPBELL'S, country style sausage	59.0	0.25 cup	0.0
06321	Gravy, CAMPBELL'S, golden pork	59.0	0.25 cup	0.0
06326	Gravy, CAMPBELL'S, turkey	59.0	0.25 cup	0.0
06332	Gravy, CAMPBELL'S, turkey, microwavable	60.0	0.25 cup	0.0
06119	Gravy, chicken, canned or bottled, ready-to-serve	57.0	0.25 cup	0.0
06120	Gravy, chicken, dry	8.0	1.0 tbsp	0.0
06329	Gravy, FRANCO-AMERICAN, beef, slow roast	59.0	0.25 cup	0.0
06985	Gravy, HEINZ Home Style, savory beef	57.0	1.0 serving 1/4 cup 2 oz	0.0
06958	Gravy, instant beef, dry	6.7	1.0 serving	0.1
06959	Gravy, instant turkey, dry	6.7	1.0 serving	0.1
06977	Gravy, meat or poultry, low sodium, prepared	236.0	1.0 cup	0.0
06121	Gravy, mushroom, canned	238.0	1.0 cup	0.0
06122	Gravy, mushroom, dry, powder	21.0	1.0 cup (8 fl oz)	1.5
06123	Gravy, onion, dry, mix	24.0	1.0 cup (8 fl oz)	1.7
06124	Gravy, pork, dry, powder	6.7	1.0 serving	0.1
06125	Gravy, turkey, canned, ready-to-serve	238.0	1.0 cup	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
06126	Gravy, turkey, dry	7.0	1.0 serving	0.0
06127	Gravy, unspecified type, dry	25.0	1.0 cup (8 fl oz)	1.8
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	0.0
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	0.0
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.0
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	0.0
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	0.0
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0.0
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	0.0
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	0.0
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	0.0
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.0
05305	Ground turkey, raw	453.6	1.0 lb	0.0
09138	Groundcherries, (cape-gooseberries or poha), raw	140.0	1.0 cup	15.4
09434	Guanabana nectar, canned	251.0	1.0 cup	27.9
09435	Guava nectar, canned, with added ascorbic acid	251.0	1.0 cup	53.0
09519	Guava nectar, with sucralose, canned	335.0	11.3 fl oz	71.4
09143	Guava sauce, cooked	238.0	1.0 cup	348.4
09139	Guavas, common, raw	165.0	1.0 cup	376.7
09140	Guavas, strawberry, raw	244.0	1.0 cup	90.3
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	1.1
05152	Guinea hen, meat only, raw	85.0	3.0 oz	1.4
42281	Gums, seed gums (includes locust bean, guar)	28.35	1.0 oz	0.0
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.0
07033	Ham and cheese spread	15.0	1.0 tbsp	0.0
07031	Ham salad spread	15.0	1.0 tbsp	0.0
07026	Ham, chopped, canned	28.35	1.0 oz	0.6
07027	Ham, chopped, not canned	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.0
07938	Ham, honey, smoked, cooked	55.0	1.94 oz (1 serving)	0.3
07030	Ham, minced	28.35	1.0 oz	0.0
07028	Ham, sliced, pre-packaged, deli meat (96% fat free, water added)	13.0	1.0 slice	0.0
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	2.2
07034	Headcheese, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.0
31007	HEALTHY REQUEST Tomato juice	243.0	8.0 fl oz	71.9
06987	HEALTHY REQUEST, Cream of Celery Soup, condensed	124.0	1.0 serving 1/2 cup	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
06990	HEALTHY REQUEST, Minestrone Soup, condensed	120.0	1.0 serving 1/2 cup	0.0
06991	HEALTHY REQUEST, Tomato Soup, condensed	124.0	1.0 serving 1/2 cup	6.0
11961	Hearts of palm, canned	146.0	1.0 cup	11.5
18640	HEINZ, WEIGHT WATCHER, Chocolate Eclair, frozen	59.0	1.0 eclair, frozen	0.0
20030	Hominy, canned, white	165.0	1.0 cup	0.0
20330	Hominy, canned, yellow	160.0	1.0 cup	0.0
19296	Honey	339.0	1.0 cup	1.7
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.0
10856	HORMEL ALWAYS TENDER, Boneless Pork Loin, Fresh Pork	28.0	1.0 oz	0.4
10855	HORMEL ALWAYS TENDER, Center Cut Chops, Fresh Pork	28.35	1.0 oz	0.5
10854	HORMEL ALWAYS TENDER, Pork Loin Filets, Lemon Garlic-Flavored	28.0	1.0 oz	0.5
10853	HORMEL ALWAYS TENDER, Pork Tenderloin, Peppercorn-Flavored	112.0	4.0 oz	1.6
10852	HORMEL ALWAYS TENDER, Pork Tenderloin, Teriyaki-Flavored	112.0	4.0 oz	3.0
10857	HORMEL Canadian Style Bacon	56.0	1.0 serving	0.8
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	30.0	1.0 serving	0.0
10851	HORMEL, Cure 81 Ham	84.0	1.0 serving	1.3
09451	Horned melon (Kiwano)	233.0	1.0 cup	12.3
02055	Horseradish, prepared	5.0	1.0 tsp	1.2
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.1
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	6.2
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	0.8
16281	HOUSE FOODS Premium Firm Tofu	56.0	2.0 oz	0.6
16279	HOUSE FOODS Premium Soft Tofu	56.0	2.0 oz	0.5
16158	Hummus, commercial	15.0	1.0 tbsp	0.0
16137	Hummus, home prepared	15.0	1.0 tablespoon	1.2
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	0.1
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	0.0
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	0.0
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	0.0
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	4.4
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	4.4
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	10.3
01264	Ice cream bar, stick or nugget, with crunch coating	95.0	26.0 pieces	0.0
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	0.0
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	0.0
01239	Ice cream cookie sandwich	82.0	1.0 serving	0.0
01238	Ice cream sandwich	70.0	1.0 serving	0.0
01241	Ice cream sandwich, made with light ice cream, vanilla	70.0	1.0 serving	0.0
01242	Ice cream sandwich, vanilla, light, no sugar added	70.0	1.0 serving	0.0
01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	0.0
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	0.0
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	0.7
19894	Ice creams, BREYERS, 98% Fat Free Chocolate	68.0	1.0 serving 1/2 cup	0.5
19877	Ice creams, BREYERS, 98% Fat Free Vanilla	68.0	1.0 serving 1/2 cup	0.5
19893	Ice creams, BREYERS, All Natural Light French Chocolate	68.0	1.0 serving 1/2 cup	0.7
19876	Ice creams, BREYERS, All Natural Light French Vanilla	68.0	1.0 serving 1/2 cup	0.6
19879	Ice creams, BREYERS, All Natural Light Mint Chocolate Chip	68.0	1.0 serving 1/2 cup	1.0
19875	Ice creams, BREYERS, All Natural Light Vanilla	68.0	1.0 serving 1/2 cup	0.7
19878	Ice creams, BREYERS, All Natural Light Vanilla Chocolate Strawberry	68.0	1.0 serving 1/2 cup	1.2
19880	Ice creams, BREYERS, No Sugar Added, Butter Pecan	68.0	1.0 serving 1/2 cup	0.6
19895	Ice creams, BREYERS, No Sugar Added, Chocolate Caramel	71.0	1.0 serving 1/2 cup	0.5
19881	Ice creams, BREYERS, No Sugar Added, French Vanilla	68.0	1.0 serving 1/2 cup	0.6
19882	Ice creams, BREYERS, No Sugar Added, Vanilla	69.0	1.0 serving 1/2 cup	0.6
19884	Ice creams, BREYERS, No Sugar Added, Vanilla Chocolate Strawberry	68.0	1.0 serving 1/2 cup	0.5
19883	Ice creams, BREYERS, No Sugar Added, Vanilla Fudge Twirl	72.0	1.0 serving 1/2 cup	0.5
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	0.4
19114	Ice creams, chocolate, light	68.0	1.0 serving	0.8
19265	Ice creams, chocolate, light, no sugar added	72.0	1.0 serving 1/2 cup	0.5
43541	Ice creams, chocolate, rich	148.0	1.0 cup	0.7
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	0.7
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	0.4
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	0.3
19271	Ice creams, strawberry	58.0	1.0 individual (3.5 fl oz)	4.5
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	0.4
19867	Ice creams, vanilla, fat free	67.0	0.5 cup	0.0
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	0.9
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	0.6
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	0.8
19089	Ice creams, vanilla, rich	107.0	0.5 cup	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
42117	Imitation cheese, american or cheddar, low cholesterol	113.0	1.0 cup, shredded	0.0
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	8.7	1.0 scoop	4.0
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	3.1
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	3.6
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	8.5	1.0 scoop	4.0
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	30.4	1.0 fl oz	1.8
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	1.8
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	30.5	1.0 fl oz	1.8
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	1.8
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.5	1.0 scoop	4.4
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	30.4	1.0 fl oz	1.8
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	9.6	1.0 scoop	5.9
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	153.0	5.0 fl oz	12.1
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	31.4	1.0 fl oz	3.6
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	8.7	1.0 scoop	4.0
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	30.5	1.0 fl oz	1.8
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	31.4	1.0 fl oz	3.6
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	8.7	1.0 scoop	4.0
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	30.5	1.0 fl oz	1.8
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	3.6
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	8.7	1.0 scoop	4.1
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	31.0	1.0 fl oz	1.8
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	8.8
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	30.5	1.0 fl oz	23.5
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	8.7	1.0 scoop	4.0
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	1.8
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	30.5	1.0 fl oz	3.5
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	30.5	1.0 fl oz	13.8

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	9.0
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	3.6
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	8.5	1.0 scoop	4.0
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	30.4	1.0 fl oz	1.8
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.4	1.0 scoop	5.5
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	2.4
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.4	1.0 scoop	5.6
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	2.4
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	9.4	1.0 scoop	5.7
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	3.0
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9.4	1.0 scoop	4.8
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	3.0
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	30.5	1.0 fl oz	2.4
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	8.4
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	8.7	1.0 scoop	5.3
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	8.7
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	3.5
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	9.4	1.0 scoop	7.4
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	9.6	1.0 scoop	5.8
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	12.0
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	30.4	1.0 fl oz	2.4
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	9.4	1.0 scoop	5.4
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	8.7	1.0 scoop	5.4
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	5.3
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	4.8
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	30.5	1.0 fl oz	2.4
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	8.5	1.0 scoop	5.3
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	4.9
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	8.4
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	8.4
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	4.9
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	5.3

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	8.3	1.0 scoop	5.1
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	30.5	1.0 fl oz	2.4
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	30.4	1.0 fl oz	2.4
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9.0	1.0 scoop	5.4
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9.4	1.0 scoop	5.6
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	31.6	1.0 fl oz	4.8
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	107.0	1.0 serving 100 ml	8.5
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	31.5	1.0 fl oz	4.8
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	9.6	1.0 scoop	5.8
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	107.0	1.0 Serving 100 ml	8.5
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	30.4	1.0 fl oz	4.0
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	30.4	1.0 fl oz	4.0
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	4.0
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	30.0	5.0 fl oz	3.9
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	4.9
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	8.7	1.0 scoop	5.4
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	4.9
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	8.7	1.0 scoop	5.4
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	30.5	1.0 fl oz	2.4
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.6	1.0 scoop	6.0
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	30.5	1.0 fl oz	2.4
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	8.8	1.0 scoop	5.3
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	4.8
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	8.8	1.0 scoop	5.3
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	8.3	1.0 scoop	5.1
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	30.5	1.0 fl oz	2.4
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.3	1.0 scoop	5.3
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	28.0	3.0 scoop	16.0
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	103.0	1.0 serving 100 ml	8.1

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	8.8	1.0 scoop	5.3
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	103.0	1.0 serving 100 ml	8.0
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	8.4
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	30.8	1.0 fl oz	4.7
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	106.0	1.0 Serving 100 ml	8.4
03930	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, prepared from powder	30.5	1.0 fl oz	2.4
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	31.9	1.0 fl oz	3.5
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	9.4	1.0 scoop	3.9
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	30.5	1.0 fl oz	1.8
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	4.8
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	8.5	1.0 scoop	5.1
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	30.5	1.0 fl oz	2.4
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	9.4	1.0 scoop	5.6
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	29.2	1.0 fl oz	4.6
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	29.0	1.0 oz	2.2
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	31.4	1.0 fl oz	1.9
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	30.5	1.0 fl oz	1.8
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	3.5
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	8.7	1.0 scoop	4.0
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	30.5	1.0 fl oz	1.8
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	31.4	1.0 fl oz	3.5
03938	Infant formula, PBM PRODUCTS, store brand, powder	8.4	1.0 scoop	3.6
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	30.4	1.0 fl oz	1.7
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	31.4	1.0 fl oz	3.4
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	8.7	1.0 scoop	3.7
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	30.4	1.0 fl oz	1.6
09420	Jackfruit, canned, syrup pack	178.0	1.0 cup, drained	0.9
09144	Jackfruit, raw	165.0	1.0 cup, sliced	22.6
19297	Jams and preserves	20.0	1.0 tbsp	1.8
19719	Jams and preserves, apricot	20.0	1.0 tbsp	1.8
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	224.0	1.0 cup	0.0
09145	Java-plum, (jambolan), raw	135.0	1.0 cup	19.3
19300	Jellies	21.0	1.0 serving 1 tbsp	0.2

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
43027	Jellies, no sugar (with sodium saccharin), any flavors	300.0	1.0 cup	0.0
44110	Jellies, reduced sugar, home preserved	19.0	1.0 tbsp	0.0
43497	Jellyfish, dried, salted	58.0	1.0 cup	0.0
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	6.0
11228	Jew's ear, (pepeao), raw	99.0	1.0 cup slices	0.6
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	70.5
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	126.8
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	28.7
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	28.7
11231	Jute, potherb, raw	28.0	1.0 cup	10.4
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	53.3
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	53.3
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	32.8
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	32.8
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	36.9
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	19.2
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	68.6
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	68.6
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	87.1
11237	Kanpyo, (dried gourd strips)	6.3	1.0 strip	0.0
22979	KASHI Black Bean Mango, frozen, unprepared	283.0	1.0 entree	59.4
32030	KASHI Italian Vegetable Medley Pasta, frozen, unprepared	298.0	0.5 package	0.0
22986	KASHI Mayan Harvest Bake, frozen, unprepared	283.0	1.0 entree	17.0
32023	KASHI Mushroom & Samp; Asparagus Risotto, frozen, unprepared	284.0	0.5 package	0.0
22987	KASHI Pesto Pasta Primavera, frozen, unprepared	283.0	1.0 entree	19.8
21513	KASHI Pizza, Greek Tzatziki, single serve, frozen, unprepared	149.0	1.0 pizza	0.0
21501	KASHI Pizza, Margherita, frozen, unprepared	113.0	0.33 pizza	9.0
21503	KASHI Pizza, Mediterranean, frozen, unprepared	120.0	0.33 pizza	14.4
21516	KASHI Pizza, Mushroom and Spinach, single serve, frozen, unprepared	152.0	1.0 pizza	0.0
21500	KASHI Pizza, Mushroom Trio & Spinach, frozen, unprepared	113.0	0.33 pizza	5.6
21499	KASHI Pizza, Roasted Vegetable, frozen, unprepared	116.0	0.33 pizza	13.9
21514	KASHI Pizza, Tikka Masala, single serve, frozen, unprepared	159.0	1.0 pizza	0.0
22993	KASHI Spicy Black Bean Enchilada, frozen, unprepared	255.0	1.0 entree	20.4
22994	KASHI Spinach Artichoke Pasta, frozen, unprepared	269.0	1.0 entree	0.0
22996	KASHI Three Cheese Penne, frozen, unprepared	269.0	1.0 Entrée	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
32022	KASHI Three Cheese Ravioli with Mediterranean Tomato Sauce, frozen, unprepared	241.0	0.5 package	0.0
18978	KASHI, Blueberry Waffle	72.0	2.0 pieces	0.7
22983	KASHI, Chicken Florentine, Frozen Entree	283.0	1.0 package	12.5
22984	KASHI, Chicken Pasta Pomodoro, Frozen Entree	283.0	1.0 package	17.0
18979	KASHI, H2H Woven Wheat Cracker, Original	30.0	7.0 cracker	6.0
18982	KASHI, H2H Woven Wheat Cracker, Roasted Garlic	30.0	7.0 cracker	6.0
22985	KASHI, Lemongrass Coconut Chicken, Frozen Entree	283.0	1.0 package	39.6
18980	KASHI, Original Waffle	72.0	2.0 pieces	0.0
22989	KASHI, Red Curry Chicken, Frozen Entree	269.0	1.0 package	13.4
22992	KASHI, Southwest Style Chicken, Frozen Entree	283.0	1.0 package	22.6
22995	KASHI, Sweet and Sour Chicken, Frozen Entree	283.0	1.0 package	48.1
18976	KASHI, TLC, Country Cheddar Crackers	30.0	18.0 cracker	0.9
18981	KASHI, TLC, Fire Roasted Vegetable Crackers	30.0	15.0 crackers	1.2
18974	KASHI, TLC, Honey Sesame Crackers	30.0	15.0 cracker	0.3
22997	KASHI, Tuscan Veggie Bake, Frozen Entree	283.0	1.0 package	11.3
18507	KELLOGG'S EGGO Lowfat Blueberry Nutri-Grain Waffles	35.0	1.0 waffle, round (4" dia) (include frozen)	0.0
18501	KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry	116.0	1.0 bar (NLEA serving)	0.0
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	116.0	3.0 pancakes (NLEA serving)	1.6
21420	KFC, Coleslaw	112.0	1.0 package	16.4
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	12.5
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	59.9
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	16.2
07934	Kielbasa, Polish, turkey and beef, smoked	56.0	1.0 serving 2 oz	8.3
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	166.9
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	130.7
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	0.0
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	89.1
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	89.1
11241	Kohlrabi, raw	135.0	1.0 cup	83.7
01194	KRAFT BREAKSTONE'S FREE Fat Free Sour Cream	32.0	2.0 tbsp	0.4
01193	KRAFT BREAKSTONE'S Reduced Fat Sour Cream	31.0	2.0 tbsp	0.3
01189	KRAFT CHEEZ WHIZ LIGHT Pasteurized Process Cheese Product	35.0	2.0 tbsp	0.1
01188	KRAFT CHEEZ WHIZ Pasteurized Process Cheese Sauce	33.0	2.0 tbsp	0.1
01190	KRAFT FREE Singles American Nonfat Pasteurized Process Cheese Product	21.0	1.0 slice	0.0
01192	KRAFT VELVEETA LIGHT Reduced Fat Pasteurized Process Cheese Product	28.0	1.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
01191	KRAFT VELVEETA Pasteurized Process Cheese Spread	28.0	1.0 oz	0.1
18567	KRAFT, STOVE TOP Stuffing Mix Chicken Flavor	28.0	1.0 NLEA serving (makes 1/2 cup prepared)	0.9
09149	Kumquats, raw	19.0	1.0 fruit without refuse	8.3
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	0.0
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.0
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.0
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.0
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.0
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.0
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.0
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.0
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.0
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.0
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.0
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.0
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.0
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.0
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.0
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0.0
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0.0
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0.0
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0.0
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	0.0
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.0
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.0
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.0
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.0
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.0
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.0
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.0
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.0
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.0
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.0
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	85.0	3.0 oz	0.0
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	85.0	3.0 oz	0.0
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	28.35	1.0 oz	0.0
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.0
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.0
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	128.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.0
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	147.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.0
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.0
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.0
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0	3.0 oz	0.0
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.0
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.0
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.0
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.0
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.0
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.0
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.0
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.0
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.0
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.0
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.0
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.0
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	0.0
17224	Lamb, ground, raw	28.35	1.0 oz	0.0
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	0.0
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	0.0
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	0.0
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	0.0
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.0
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	0.0
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	0.0
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.0
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	0.0
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	0.0
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	0.0
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	0.0
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	0.0
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.0
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.0
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.0
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.0
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to $1/8$ " fat, cooked	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.0
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.0
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.0
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.0
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.0
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.0
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.0
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	0.0
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.0
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.0
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.0
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	0.0
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.0
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.0
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.0
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to $1/8$ " fat, raw	28.35	1.0 oz	0.0
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	0.0
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	0.0
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	0.0
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	0.0
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	0.0
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	0.0
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	0.0
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	0.0
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	0.0
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.0
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	0.0
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	0.0
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	0.0
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	0.0
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	0.0
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.0
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	0.0
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	0.0
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	0.0
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.0
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	0.0
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.0
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	0.0
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.0
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	0.0
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.0
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	0.0
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	0.0
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	0.0
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	0.0
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.0
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	0.0
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.0
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	0.0
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.0
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	0.0
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.0
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	0.0
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	0.0
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	0.0
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	0.0
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	0.0
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	0.0
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	0.0
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.0
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	0.0
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.0
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	0.0
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	0.0
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.0
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.0
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.0
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.0
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.0
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	0.0
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	0.0
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	0.0
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	0.0
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.0
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.0
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	0.0
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	10.2
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	19.6
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	4.5
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	6.0
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	1.4
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	10.2
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	3.1
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	3.4
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	11.0
17199	Lamb, variety meats and by-products, liver, raw	28.35	1.0 oz	1.1
17206	Lamb, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	23.8

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
17205	Lamb, variety meats and by-products, lungs, raw	28.35	1.0 oz	8.8
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	17.0
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	5.1
17215	Lamb, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	22.1
17214	Lamb, variety meats and by-products, spleen, raw	28.35	1.0 oz	6.5
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	6.0
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	1.7
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	66.6
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	66.6
35197	Lambsquarters, steamed (Northern Plains Indians)	65.0	1.0 cup	3.2
04002	Lard	12.8	1.0 tbsp	0.0
22916	Lasagna with meat & Days gauce, frozen entree	134.0	1.0 piece side	5.5
22915	Lasagna with meat & Dow-fat, frozen entree	309.0	1.0 package	55.3
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	3.1
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	38.5
32019	Lasagna, cheese, frozen, unprepared	237.0	1.0 cup 1 serving	3.6
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	2.5
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	0.1
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1.0 tsp	0.0
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1.0 tsp	0.0
18371	Leavening agents, baking powder, low-sodium	5.0	1.0 tsp	0.0
18372	Leavening agents, baking soda	4.6	1.0 tsp	0.0
18373	Leavening agents, cream of tartar	3.0	1.0 tsp	0.0
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	0.0
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	0.0
07039	Lebanon bologna, beef	57.0	1.0 serving 2 slices	0.5
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	5.2
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	5.2
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	10.7
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	0.2
11972	Lemon grass (citronella), raw	67.0	1.0 cup	1.7
09523	Lemon juice from concentrate, bottled, CONCORD	15.0	1.0 tbsp	0.0
09524	Lemon juice from concentrate, bottled, REAL LEMON	15.0	1.0 tbsp	2.5
09153	Lemon juice from concentrate, canned or bottled	15.0	1.0 tbsp	2.1
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	76.9

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
09152	Lemon juice, raw	244.0	1.0 cup	94.4
09156	Lemon peel, raw	6.0	1.0 tbsp	7.7
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	5.1
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	4.8
14293	Lemonade, frozen concentrate, white, prepared with water	30.9	1.0 fl oz	1.2
14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	0.5
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	112.4
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	3.0
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	3.0
16144	Lentils, pink or red, raw	192.0	1.0 cup	3.3
16069	Lentils, raw	192.0	1.0 cup	8.6
11248	Lentils, sprouted, raw	77.0	1.0 cup	12.7
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	2.0
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	1.9
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	3.3
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	2.0
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	1.0
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	2.7
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	3.1
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	21.6
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	9.1
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	17.2
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	17.2
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	10.4
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	10.4
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	13.6
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	21.8
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	21.8
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	30.9
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	36.5
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	0.0
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	0.0
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	0.0
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	0.0
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.0
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	0.0
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	15.7
09160	Lime juice, raw	242.0	1.0 cup	72.6
14303	Limeade, frozen concentrate, prepared with water	30.9	1.0 fl oz	1.0
09159	Limes, raw	67.0	1.0 fruit (2" dia)	19.5
09165	Litchis, dried	2.5	1.0 fruit	4.6
09164	Litchis, raw	190.0	1.0 cup	135.8
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	0.0
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	0.0
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	0.0
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	0.0
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	0.0
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	0.0
07040	Liver cheese, pork	28.35	1.0 oz	0.9
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	0.0
07911	Liverwurst spread	55.0	0.25 cup	1.9
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	22.5
22126	LOMA LINDA Big Franks, canned, unprepared	51.0	1.0 link	0.0
16509	LOMA LINDA Linketts, canned, unprepared	35.0	1.0 link	0.0
16500	LOMA LINDA Little Links, canned, unprepared	46.0	2.0 links	0.0
16502	LOMA LINDA Low Fat Big Franks, canned, unprepared	51.0	1.0 link	0.0
16507	LOMA LINDA Redi-Burger, canned, unprepared	85.0	1.0 slice , 5/8"	0.0
16505	LOMA LINDA Swiss Stake with Gravy, canned, unprepared	92.0	1.0 piece	0.0
16508	LOMA LINDA Tender Bits, canned, unprepared	85.0	6.0 pieces	0.0
16504	LOMA LINDA Tender Rounds with Gravy, canned, unprepared	80.0	6.0 pieces	0.0
16506	LOMA LINDA Vege-Burger, canned, unprepared	55.0	0.25 cup	0.0
09173	Longans, dried	1.7	1.0 fruit	0.5
09172	Longans, raw	3.2	1.0 fruit without refuse	2.7
09174	Loquats, raw	149.0	1.0 cup, cubed	1.5
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	16.4
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	16.4
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	35.6
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	56.0	2.0 oz (1 serving)	21.6
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	56.0	2.0 oz 1 NLEA serving	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
07045	Luncheon meat, pork, canned	28.35	1.0 oz	0.3
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	56.0	2.0 oz 1 NLEA serving	24.1
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.0
43131	Luncheon slices, meatless	14.0	1.0 slice, thin	0.0
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	1.8
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	1.8
16076	Lupins, mature seeds, raw	180.0	1.0 cup	8.6
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.0
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	0.5
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	6.3
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	0.2
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	0.0
22919	Macaroni and Cheese, canned, microwavable	213.0	7.5 oz 1 serving	0.0
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	0.0
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	99.0	1.0 serving (3.5 oz)	0.0
32016	Macaroni or noodles with cheese, microwaveable, unprepared	61.0	1.0 serving 1 pouch	0.0
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	0.0
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	0.0
11986	Malabar spinach, cooked	44.0	1.0 cup	2.6
14305	Malt beverage, includes non-alcoholic beer	29.6	1.0 fl oz	0.1
09175	Mammy-apple, (mamey), raw	846.0	1.0 fruit without refuse	118.4
09436	Mango nectar, canned	251.0	1.0 cup	38.2
09176	Mangos, raw	165.0	1.0 cup pieces	60.1
09177	Mangosteen, canned, syrup pack	196.0	1.0 cup, drained	5.7
09328	Maraschino cherries, canned, drained	5.0	1.0 cherry (NLEA serving)	0.0
04630	Margarine Spread, approximately 48% fat, tub	14.0	1.0 tbsp	0.0
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	14.0	1.0 tbsp	0.1
04610	Margarine, regular, 80% fat, composite, stick, with salt	14.0	1.0 tbsp	0.0
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	14.0	1.0 tablespoon	0.0
04617	Margarine, regular, 80% fat, composite, stick, without salt	14.2	1.0 tbsp	0.0
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	14.0	1.0 tbsp	0.0
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1.0 tbsp	0.0
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0.0
04618	Margarine, regular, 80% fat, composite, tub, without salt	14.2	1.0 tbsp	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	0.0
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	14.0	1.0 tbsp	0.0
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	14.0	1.0 tablespoon	0.0
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	14.0	1.0 tablespoon	0.0
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	14.0	1.0 tbsp	0.0
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	14.0	1.0 tablespoon	0.0
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	0.0
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	15.0	1.0 tbsp	0.0
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	12.8	1.0 tbsp	0.0
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	0.0
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	14.0	1.0 tbsp	0.0
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	0.0
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	14.0	1.0 tbsp	0.0
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	14.0	1.0 tbsp	0.0
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	0.0
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0.0
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	0.0
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	15.0	1.0 tbsp	0.0
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	0.0
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	14.0	1.0 tablespoon	0.0
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0.0
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	14.0	1.0 tablespoon	0.0
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	14.0	1.0 tablespoon	0.0
19303	Marmalade, orange	20.0	1.0 tbsp	1.0
18615	MARTHA WHITE FOODS, Martha White's Buttermilk Biscuit Mix, dry	41.0	1.0 serving	0.1
18614	MARTHA WHITE FOODS, Martha White's Chewy Fudge Brownie Mix, dry	28.0	1.0 serving	0.0
43598	Mayonnaise dressing, no cholesterol	15.0	1.0 tbsp	0.0
43355	Mayonnaise, low sodium, low calorie or diet	14.0	1.0 tbsp	0.0
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	0.0
04708	Mayonnaise, reduced fat, with olive oil	15.0	1.0 tbsp	0.0
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	14.6	1.0 tbsp	0.0
21377	McDONALD'S Bacon Ranch Salad with Crispy Chicken	319.0	1.0 item 11.3 oz	30.9
21360	McDONALD'S, Bacon Egg &	142.0	1.0 item 4.9 oz	3.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
21376	McDONALD'S, Bacon Ranch Salad with Grilled Chicken	305.0	1.0 item 10.8 oz	31.1
21378	McDONALD'S, Bacon Ranch Salad without chicken	223.0	1.0 item 7.8 oz	30.1
21327	McDONALD'S, Bacon, Egg & Description (Cheese McGRIDDLES)	165.0	1.0 item 5.8 oz	3.0
21324	McDONALD'S, Baked Apple Pie	77.0	2.7 oz	24.9
21310	McDONALD'S, Barbeque Sauce	28.0	1.0 package	0.0
21341	McDONALD'S, BIG BREAKFAST	269.0	1.0 item 9.5 oz	1.1
21237	McDONALD'S, BIG MAC	219.0	1.0 item 7.6 oz	0.9
21350	McDONALD'S, BIG MAC (without Big Mac Sauce)	200.0	1.0 item	0.8
21233	McDONALD'S, Cheeseburger	119.0	1.0 item 4 oz	0.7
21309	McDONALD'S, Chicken McNUGGETS	64.0	4.0 pieces	0.8
21311	McDONALD'S, Creamy Ranch Sauce	43.0	1.5 oz	0.0
21363	McDONALD'S, Deluxe Breakfast, with syrup and margarine	420.0	1.0 item 14.8 oz	0.8
21344	McDONALD'S, Double Cheeseburger	155.0	1.0 sandwich	0.6
21345	McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	280.0	1.0 item	1.7
21357	McDONALD'S, Egg McMUFFIN	126.0	1.0 sandwich	1.5
21232	McDONALD'S, FILET-O-FISH	134.0	1.0 sandwich	0.4
21382	McDONALD'S, FILET-O-FISH (without tartar sauce)	124.0	1.0 item	0.1
21238	McDONALD'S, french fries	71.0	1.0 small serving	4.0
21380	McDONALD'S, Fruit 'n Yogurt Parfait	149.0	1.0 item 5.2 oz	20.7
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	142.0	1.0 item	20.6
21228	McDONALD'S, Hamburger	95.0	1.0 sandwich	0.6
21319	McDONALD'S, Hash Brown	53.0	1.0 serving 1 patty	3.0
21313	McDONALD'S, Hot Mustard Sauce	28.0	1.0 package	0.0
21365	McDONALD'S, Hotcakes (with 2 pats margarine & margarine)	221.0	1.0 item	0.0
21364	McDONALD'S, Hotcakes and Sausage	192.0	1.0 item	0.0
21356	McDONALD'S, McCHICKEN Sandwich (without mayonnaise)	138.0	1.0 item	1.2
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	62.0	2.0 fl oz	0.3
21347	McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	59.0	2.0 fl oz	0.0
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	47.0	2.0 fl oz	1.9
21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	56.0	2.0 fl oz	0.4
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	230.0	1.0 item	5.8
21405	McDONALD'S, Premium Crispy Chicken Club Sandwich	254.0	1.0 item 9 oz	9.7
21407	McDONALD'S, Premium Crispy Chicken Ranch BLT Sandwich	240.0	1.0 item 8.5 oz	10.3
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	200.0	1.0 item 7 oz	6.4
21404	McDONALD'S, Premium Grilled Chicken Club Sandwich	223.0	1.0 item 7.9 oz	9.8

1400 McDONALD'S, QuARTER POUNDER 1710 1.0 imm 1.5	NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
12155 McDONALDS, QUARTER POUNDER with Cheese 1990 1.0 iem 1,0 iem 1,0 iem 2 1.6 21523 McDONALDS, RANCH SNACK WRAP, Criegy 1330 1.0 weng 0.4 2154 McDONALDS, SLANGER WRAP, Grided 1250 0.10 mm 0.0 2136 McDONALDS, Sussage Biscuit with Fag 1170 0.10 item 4.0 to 0.0 2138 McDONALDS, Sussage McGRIDDLES 1550 1.0 item 4.0 to 0.0 2138 McDONALDS, Sussage McGRIDDLES 1550 1.0 item 4.0 to 0.0 2138 McDONALDS, Sussage McMUFFIN with Eg 1650 1.0 item 4.0 to 0.0 2139 McDONALDS, Sussage, Seg Ampt. Cheen McGRIDDLES 1950 1.0 item 3.1 to 1.0 2139 McDONALDS, Sussage, Seg Samp. Cheen McGRIDDLES 1950 1.0 item 3.1 to 1.0 2137 McDONALDS, Sussage, Seg Samp. Cheen McGRIDDLES 1950 1.0 item 3.1 to 1.0 2137 McDONALDS, Sussage, Seg Samp. Cheen McGRIDDLES 1950 1.0 item 3.1 to 1.0 2137 McDONALDS, Sussage, Seg Samp. Cheen McGRIDDLES 1950 1.0 item 3.1 to<	21406	McDONALD'S, Premium Grilled Chicken Ranch BLT Sandwich	202.0	1.0 item 7.1 oz	9.9
21523 McDONALDS, RANCH SNACK WRAP, Grigled 1330 1.0 went 0.5 21524 McDONALDS, RANCH SNACK WRAP, Grigled 1230 1.0 went 0.0 21362 McDONALDS, Sausage Biscuit with Eg 1630 1.0 ion 0.0 21328 McDONALDS, Sausage McRUFID FR 1530 1.0 ion 0.0 21328 McDONALDS, Sausage McRUFIN FR 1530 1.0 ion 0.0 21329 McDONALDS, Sausage McRUFIN with Eg 1650 1.0 ion 0.0 21329 McDONALDS, Sausage McRUFIN with Eg 1650 1.0 ion 0.0 21329 McDONALDS, Sausage Leg sammy Cheers McRIDDLES 399 1.0 ion 1.0 ion 0.0 21329 McDONALDS, Sausage Leg sammy Cheers McRIDDLES 499 1.0 ion 1.0 ion 1.0 0.0 21340 McDONALDS, Sausage McRUFIN with Eg 490 1.0 ion 1.0 0.0 21341 McDONALDS, Sausage McRUFIN with Eg 412 1.0 ion 1.5 c 0.0 21341 McDONALDS, Sausage McRUFIN with Eg 415 0.0	21234	McDONALD'S, QUARTER POUNDER	171.0	1.0 item	1.5
21524 McDONAIDS, RANCH SNACK WRAP, Grilled 1120 1.0 timen 41 to 0.00 21361 McDONAIDS, Susage Biscuit with Egg 6163 1.0 timen 41 to 0.00 21328 McDONAIDS, Susage McGRIDDLES 1350 1.0 timen 41 to 0.00 21328 McDONAIDS, Susage McGRIDDLES 1350 1.0 timen 40 to 0.00 21329 McDONAIDS, Susage, McMUFFIN with Egg 1650 1.0 timen 5.0 to 0.00 21379 McDONAIDS, Susage, Tege Runny, Cheew McGRIDDLES 89 1.0 timen 5.0 to 0.00 21379 McDONAIDS, Susage, Tege Runny, Cheew McGRIDDLES 89 1.0 timen 5.0 to 0.00 21379 McDONAIDS, Susage, Tege Runny, Cheew McGRIDDLES 89 1.0 timen 5.0 to 0.00 21370 McDONAIDS, Susage, Tege Runny, Cheew McGRIDDLES 812 0.0 timen 5.1 to 0.0 21314 McDONAIDS, Susage, Tege Runny, Cheew McGRIDDLES 812 0.0 timen 5.1 to 0.0 21314 McDONAIDS, Susage, Tege Runny, Cheew McGRIDDLES 412 0.0 timen 5.0 to 0.0 21314 McDONAIDS, Susage, Tege Runny, Cheew McGRIDDLES	21235	McDONALD'S, QUARTER POUNDER with Cheese	199.0	1.0 item 7.1 oz	1.6
21361 McDONALD'S, Sausage Biscuit wit Lega 117.0 1.0 totem 1.7 to 0.00 21362 McDONALD'S, Sausage Biscuit wit Lega 165.0 1.0 totem 5.7 to 0.00 21382 McDONALD'S, Sausage McMCIPDLIS 165.0 1.0 totem 5.7 to 0.00 21389 McDONALD'S, Sausage McMUFFIN with Fag 165.0 1.0 totem 5.0 to 0.00 21390 McDONALD'S, Sausage McMUFFIN with Fag 166.0 1.0 totem 5.0 to 0.00 21379 McDONALD'S, Sausage McMUFFIN with Fag 187.0 1.0 totem 7.0 to 0.00 21370 McDONALD'S, Sausage McMUFFIN with Fag 183.0 1.0 totem 7.0 to 0.00 21371 McDONALD'S, Sausage, Egg Sauncy Cheese McGRIDDLES 132.0 1.0 totem 7.0 to 0.00 21372 McDONALD'S, Sausage, Egg Sauncy Cheese McGRIDDLES 430 1.0 totem 7.0 to 0.00 21374 McDONALD'S, Sausage McGRIDDLES 430 1.0 totem 5.0 to 0.00 2134 McDONALD'S, Sausage McGRIDDLES 430 1.0 totem 6.0 to 0.00 2134 McDONALD'S, Sausage McGRIDDLES 430 1.	21523	McDONALD'S, RANCH SNACK WRAP, Crispy	133.0	1.0 wrap	0.4
21362 McDONALDS, Sausage Miscuit with Fig 1630 1.0 item 5.7 oz 0.0 21328 McDONALDS, Sausage McMIPTEN 135.0 1.0 item 4 oz 0.0 21389 McDONALDS, Sausage McMIPTEN with Egg 165.0 1.0 item 4 oz 0.0 21399 McDONALDS, Sausage McMIPTEN with Egg 1990 1.0 item 7 oz 0.0 21399 McDONALDS, Sausage, Egg & Amp: Cheese McGRIDDLES 1990 1.0 item 7 oz 0.0 21379 McDONALDS, Side slad 37.0 1.0 item 7 oz 0.0 21370 McDONALDS, Side Slad 1.0 1.0 item 7 oz 0.0 21312 McDONALDS, Side Slad 1.0 1.0 0.0 21324 McDONALDS, Side Slade 43.0 1.0 item 6.3 oz 2.7 21315 McDONALDS, Side Slade 1.7 0.0 2.7 21316 McDONALDS, Side Slade 1.0 0.0 2.7 21315 McDONALDS, Side Slade 1.0 1.0 0.0 21316 McDONALDS, Side Slade 1.0 1.0 0.0 <	21524	McDONALD'S, RANCH SNACK WRAP, Grilled	123.0	1.0 wrap	0.5
21328 McDONALDS, Sausage McGRIDDLES 1350 1.0 item 0.0 21389 McDONALDS, Sausage McMUFIN with Ege 1650 1.0 item 4 oz 0.0 21399 McDONALDS, Sausage, Egg Remury Cheece McGRIDDLES 1650 1.0 item 5 oz 0.0 21379 McDONALDS, Sausage, Egg Remury Cheece McGRIDDLES 870 1.0 item 3.1 oz 1.0 item 3.1 oz 21372 McDONALDS, Side Salad 370 1.0 item 3.1 oz 1.0 item 3.1 oz 21314 McDONALDS, Spicy Buffalo Sause 320 1.0 item 3.1 oz 0.0 21314 McDONALDS, Spicy Buffalo Sause 328 1.0 item 6.5 oz 0.0 21314 McDONALDS, Spicy Buffalo Sause 280 1.0 item 6.5 oz 0.0 21314 McDONALDS, Strayberry Sunde 328 1.0 item 6.5 oz 0.0 21315 McDONALDS, Strayberry Sunde 340 1.0 item 6.5 oz 0.0 21316 McDONALDS, Strayberry Sunde 340 1.0 item 6.5 oz 0.0 21316 McDONALDS, Strayberry Sunde 340 1.0 item 6.5 oz 0.0 21316 <td>21361</td> <td>McDONALD'S, Sausage Biscuit</td> <td>117.0</td> <td>1.0 item 4.1 oz</td> <td>0.0</td>	21361	McDONALD'S, Sausage Biscuit	117.0	1.0 item 4.1 oz	0.0
2138 McDONALDS, Sausage McMUFFIN with Egg 1150 1.0 inem 4 or 1.0 inem 5 or 0.0 2139 McDONALDS, Sausage McMUFFIN with Egg 165 1.0 inem 5 or 0.0 0.0 2139 McDONALDS, Sausage McMUFFIN with Egg 160 1.0 inem 5 or 0.0 0.0 2137 McDONALDS, Saice Stadad 1870 1.0 inem 3 to 0.0 1.3 inem 5 to 0.0 1.0 inem 3 to 0.0 1.3 inem 5 to 0.0 1.0 inem 5 to 0.0 1.3 inem 5 to 0.0 1.0 inem 5 to 0.0	21362	McDONALD'S, Sausage Biscuit with Egg	163.0	1.0 item 5.7 oz	0.0
21359 McDONALDS, Sususge, McMUFFIN with Figg 165.0 1.0 item 5.8 oz 0.0 21329 McDONALDS, Sussage, Egg & Ampi Cheese McGRIDDLES 1990 1.0 item 7.0 oz 0.0 21379 McDONALDS, Sussage, Egg & Ampi Cheese McGRIDDLES 87.0 1.0 item 3.1 oz 1.37 21322 McDONALDS, Southern Style Chicken Biscuit 1932 1.0 biscuit regular size biscuit 0.9 21314 McDONALDS, Strawberry Sundae 43.0 1.0 biscuit regular size biscuit 0.0 21315 McDONALDS, Strawberry Sundae 1860 1.0 intem 6.3 oz 2.27 21316 McDONALDS, Smoyth Mustard Sauce 28.0 1.0 package 0.3 21316 McDONALDS, Smay Honey Mustard Sauce 43.0 1.0 scrying 1.1 18612 McMcEE BAKING, LITTLE DEBBIE NUTTY BARS, Wafers with Peanut Butter, Chocolate Covered 57.0 1.0 scrying 1.0 18610 Mean drippings Clark, beef tallow, mutton tallow) 12.8 1.0 scrying 0.0 18610 Mean drippings Clark, beef tallow, mutton tallow 18.0 1.0 cup. 0.0 1812 Mcanballs,	21328	McDONALD'S, Sausage McGRIDDLES	135.0	1.0 item	0.0
21329 McDONALD'S, Sausage, Egg &mpr, Cheese McGRIDDLES 1990 1.0 item 7 oz 0.0 21379 McDONALD'S, Side Salad 87.0 1.0 item 3.1 oz 13.7 21522 McDONALD'S, Side Salad 13.20 1.0 biscuit regular size biscuit 0.9 21314 McDONALD'S, Spiry Buffalo Sauce 43.0 1.0 biscuit regular size biscuit 0.9 21334 McDONALD'S, Stravberry Stundae 178.0 1.0 item (6.3 oz) 2.7 21315 McDONALD'S, Stweet 'N Sour Sauce 28.0 1.0 package 0.3 21316 McDONALD'S, Stary Honey Mustard Sauce 43.0 1.5 oz 0.0 18612 McKE BAKING, LITTLE DEBIE NUTTY BARS, Wafers with Peanut Butter, Chocolate Covered 57.0 1.0 serving 1.1 18616 Mcat drippings (lart, beef rallow, mutton tallow) 12.8 1.0 rubblespoon 0.0 18610 Meat drippings (lart, beef rallow, mutton tallow) 12.8 1.0 rubblespoon 0.0 18710 Meat drippings (lart, beef rallow, mutton tallow) 12.8 1.0 rub 0.0 18712 Meat drippings (lart, beef rallow, mutton	21358	McDONALD'S, Sausage McMUFFIN	115.0	1.0 item 4 oz	0.0
21379 McDONALD'S, Side Salad 87.0 1.0 item 3.1 oz 13.7 21522 McDONALD'S, Southern Style Chicken Biseuit 13.0 1.0 biscuit regular size biscuit 0.9 21314 McDONALD'S, Spiruy Buffalo Sauce 43.0 1.5 oz 0.0 21334 McDONALD'S, Strawberry Sundac 178.0 1.0 item (6.3 oz) 2.7 21315 McDONALD'S, Sweet'N Sour Sauce 28.0 1.0 package 0.3 21316 McDONALD'S, Tangy Honey Mustard Sauce 43.0 1.5 oz 0.0 18612 MCKEE BAKING, LIT'ILE DEBBIE NUTTY BARS, Wafers with Peanut Butter, Chocolate Covered 57.0 1.0 stepring 1.1 04606 Meat drippings (Iarl, beef tallow, mutton tallow) 12.8 1.0 tablespoon 0.0 07972 Meatballs, frozen, Italian style 85.0 3.0 oz 0.0 43132 Meatballs, meatless 1.4 d 1.0 cup, anthawed 1.0 cup 0.0 09185 Melons, cantaloupe, raw 177.0 1.0 cup, diced (approx 20 pieces per cup) 30.6 09183 Melons, cantaloupe, raw 170.0 <t< td=""><td>21359</td><td>McDONALD'S, Sausage McMUFFIN with Egg</td><td>165.0</td><td>1.0 item 5.8 oz</td><td>0.0</td></t<>	21359	McDONALD'S, Sausage McMUFFIN with Egg	165.0	1.0 item 5.8 oz	0.0
21522 McDONALDS, Southern Style Chicken Biscuit 132.0 1.0 biscuit regular size biscuit 0.9 21314 McDONALDS, Spicy Buffalo Sauce 43.0 1.5 oz 0.0 21324 McDONALDS, Strawberry Sundac 178.0 1.0 item (6.3 oz) 2.7 21315 McDONALDS, Strawberry Sundac 43.0 1.0 package 0.3 21316 McDONALDS, Strawberry Sundac 43.0 1.5 oz 0.0 21316 McDONALDS, Strawberry Sundac 43.0 1.0 package 0.3 18612 McKEE BAKING, LITTLE DEBBIE NUTTY BARS, Wafers with Peanul Butter, Chocolate Covered 57.0 1.0 serving 1.1 04606 Meat drippings (lard, beef tallow, mutton tallow) 12.8 1.0 tublespoon 0.0 16106 Meat extender 88.0 1.0 tublespoon 0.0 07972 Meatballs, frozen, Italian style 88.0 3.0 oz 0.0 9185 Melon balls, frozen, Italian style 17.0 1.0 cup, utbawd 10.7 9181 Mclons, caushu, raw 17.0 1.0 cup, ducd (approx 20) picesport 37.1 <td>21329</td> <td>McDONALD'S, Sausage, Egg & Cheese McGRIDDLES</td> <td>199.0</td> <td>1.0 item 7 oz</td> <td>0.0</td>	21329	McDONALD'S, Sausage, Egg & Cheese McGRIDDLES	199.0	1.0 item 7 oz	0.0
21314 McDONALDS, Spicy Buffalo Sauce 43.0 1.5 oz 0.0 21334 McDONALDS, Strawberry Sundae 178.0 1.0 intem (6.3 oz) 2.7 21315 McDONALDS, Sweet N Sour Sauce 28.0 1.0 package 0.3 21316 McDONALDS, Tangy Honey Mustard Sauce 43.0 1.0 serving 1.0 18612 MCKEE BAKING, LITTLE DEBBIE NUTTY BARS, Wafers with Peanut Butter, Chocolate Covered 57.0 1.0 serving 1.1 0406 Meat drippings (lard, beef tallow, mutton tallow) 12.8 1.0 tublespoon 0.0 16106 Meat extender 88.0 1.0 cup 0.0 07972 Meaballs, meatless 144.0 1.0 cup 0.0 07972 Meaballs, meatless 144.0 1.0 cup 0.0 08185 Melon balls, frozen 173.0 1.0 cup, unthawed 10.7 09181 Melons, cantaloupe, raw 177.0 1.0 cup, diced (approx 20 pieces per cup) 30.6 09184 Melons, honeydew, raw 170.0 1.0 cup, diced (approx 20 pieces per cup) 30.6 0851	21379	McDONALD'S, Side Salad	87.0	1.0 item 3.1 oz	13.7
21334 McDONALD'S, Strawberry Sundae 178.0 1.0 item (6.3 oz) 2.7 21315 McDONALD'S, Sweet 'N Sour Sauce 28.0 1.0 package 0.3 21316 McDONALD'S, Tangy Honey Mustard Sauce 43.0 1.5 oz 0.0 18612 MCKEE BAKING, LITTLE DEBBIE NUTTY BARS, Wafers with Peanut Butter, Chocolate Covered 57.0 1.0 serving 1.1 04606 Meat drippings (lard, beef tallow, mutton tallow) 12.8 1.0 tubelsopoon 0.0 16106 Meat extender 88.0 1.0 cup 0.0 07972 Meatballs, frozen, Italian style 85.0 3.0 oz 0.0 43132 Meatballs, meatless 144.0 1.0 cup, unthawed 10.7 9185 Melon balls, frozen 17.0 1.0 cup, balls 65.0 9185 Melons, cantaloupe, raw 17.0 1.0 cup, duced 37.1 9184 Melons, bonydew, raw 170.0 1.0 cup, duced (approx 20 pieces per cup) 30.6 98510 Milk adcereal bar 6.0 1.0 bar 3.8 9124 Milk de	21522	McDONALD'S, Southern Style Chicken Biscuit	132.0	1.0 biscuit regular size biscuit	0.9
21315 McDONALD'S, Sweet 'N Sour Sauce 28.0 1.0 package 0.3 21316 McDONALD'S, Tangy Honey Mustard Sauce 43.0 1.5 oz 0.0 18612 MCKEE BAKING, LITTLE DEBBIE NUTTY BARS, Wafers with Peanut Butter, Chocolate Covered 57.0 1.0 serving 1.1 04606 Meat drippings (lard, beef tallow, mutton tallow) 12.8 1.0 tablespoon 0.0 16106 Meat extender 88.0 1.0 cup 0.0 07972 Meatballs, frozen, Italian style 85.0 3.0 oz 0.0 43132 Meatballs, frozen, Italian style 85.0 3.0 oz 0.0 9185 Melon balls, frozen 173.0 1.0 cup, unthaved 10.7 9181 Melons, caraba, raw 170.0 1.0 cup, balls 65.0 9183 Melons, honeydew, raw 170.0 1.0 cup, cubes 37.1 9184 Melons, honeydew, raw 170.0 1.0 cup, cubes 3.8 9124 Milk adessert bar, frozen, made from lowfat milk 68.0 1.0 bar 3.8 9124 Milk dessert,	21314	McDONALD'S, Spicy Buffalo Sauce	43.0	1.5 oz	0.0
21316 McDONALD'S, Tangy Honey Mustard Sauce 43.0 1.5 oz 0.0 18612 MCKEE BAKING, LITTLE DEBBIE NUTTY BARS, Wafers with Peanut Butter, Chocolate Covered 57.0 1.0 serving 1.1 04606 Meat drippings (lard, beef tallow, mutton tallow) 12.8 1.0 tablespoon 0.0 16106 Meat drippings (lard, beef tallow, mutton tallow) 88.0 1.0 cup 0.0 07972 Meatballs, frozen, Italian style 85.0 3.0 oz 0.0 43132 Meatballs, meatless 144.0 1.0 cup 0.0 99185 Melon balls, frozen 173.0 1.0 cup, mthawed 10.7 99181 Mclons, casaba, raw 177.0 1.0 cup, cubes 37.1 99184 Melons, honeydew, raw 170.0 1.0 cup, diced (approx 20 pieces per cup) 30.6 98510 Milk dessert bar, frozen, made from lowfat milk 68.0 1.0 bar 3.8 91244 Milk dessert, frozen, milk-fat free, chocolate 137.0 1.0 cup 1.0 cup 91111 Milk shakes, thick chocolate 2.8 1.0 fl oz 0.0 </td <td>21334</td> <td>McDONALD'S, Strawberry Sundae</td> <td>178.0</td> <td>1.0 item (6.3 oz)</td> <td>2.7</td>	21334	McDONALD'S, Strawberry Sundae	178.0	1.0 item (6.3 oz)	2.7
18612 MCKEE BAKING, LITTLE DEBBIE NUTTY BARS, Wafers with Peanut Butter, Chocolate Covered 57.0 1.0 serving 1.1 04606 Meat drippings (lard, beef tallow, mutton tallow) 12.8 1.0 tablespoon 0.0 16106 Meat extender 88.0 1.0 cup 0.0 07972 Meatballs, frozen, Italian style 85.0 3.0 oz 0.0 43132 Meatballs, meatless 144.0 1.0 cup 0.0 09185 Melon balls, frozen 173.0 1.0 cup, unthawed 10.7 09181 Melons, cantaloupe, raw 177.0 1.0 cup, cubes 37.1 09184 Melons, honeydew, raw 170.0 1.0 cup, diced (approx 20 pieces per cup) 30.6 08510 Milk and cereal bar 25.0 1.0 bar 3.8 08510 Milk and cereal bar 25.0 1.0 bar 3.8 08124 Milk dessert bar, frozen, made from lowfat milk 68.0 1.0 bar 0.6 42131 Milk dessert, frozen, milk-fat free, chocolate 137.0 1.0 cup 1.0 cup 0110 M	21315	McDONALD'S, Sweet 'N Sour Sauce	28.0	1.0 package	0.3
04606 Meat drippings (lard, beef tallow, mutton tallow) 12.8 1.0 tablespoon 0.0 16106 Meat extender 88.0 1.0 cup 0.0 07972 Meatballs, frozen, Italian style 85.0 3.0 oz 0.0 43132 Meatballs, meatless 144.0 1.0 cup, out 0.0 99185 Melon balls, frozen 173.0 1.0 cup, unthawed 10.7 99181 Melons, cantaloupe, raw 177.0 1.0 cup, diced (approx 20 pieces per cup) 30.6 9183 Melons, honeydew, raw 170.0 1.0 cup, diced (approx 20 pieces per cup) 30.6 98510 Milk and cereal bar 25.0 1.0 bar 3.8 10244 Milk dessert bar, frozen, made from lowfat milk 68.0 1.0 bar 0.6 42131 Milk dessert, frozen, milk-fat free, chocolate 137.0 1.0 cup, diced (approx 20 pieces per cup) 3.8 9110 Milk shakes, thick chocolate 25.0 1.0 bar 0.6 9111 Milk shakes, thick chocolate 28.4 1.0 cup 0.0 9107	21316	McDONALD'S, Tangy Honey Mustard Sauce	43.0	1.5 oz	0.0
16106 Meat extender 88.0 1.0 cup 0.0 07972 Meatballs, frozen, Italian style 85.0 3.0 oz 0.0 43132 Meatballs, meatless 144.0 1.0 cup 0.0 09185 Melon balls, frozen 173.0 1.0 cup, unthawed 10.7 09181 Melons, cantaloupe, raw 177.0 1.0 cup, cubes 37.1 09184 Melons, honeydew, raw 170.0 1.0 cup, diced (approx 20 pieces per cup) 30.6 08510 Milk and cereal bar 25.0 1.0 bar 3.8 01244 Milk dessert bar, frozen, made from lowfat milk 68.0 1.0 bar 0.6 42131 Milk dessert, frozen, milk-fat free, chocolate 137.0 1.0 cup 1.0 cup 1.0 01110 Milk shakes, thick chocolate 28.4 1.0 flo oz 0.0 01111 Milk shakes, thick vanilla 28.4 1.0 flo oz 0.0 01076 Milk substitutes, fluid, with lauric acid oil 24.0 1.0 cup 0.0 01094 Milk, buttermilk, fluid, cultured, lo	18612	MCKEE BAKING, LITTLE DEBBIE NUTTY BARS, Wafers with Peanut Butter, Chocolate Covered	57.0	1.0 serving	1.1
07972 Meatballs, frozen, Italian style 85.0 3.0 oz 0.0 43132 Meatballs, meatless 144.0 1.0 cup 0.0 09185 Melon balls, frozen 173.0 1.0 cup, unthawed 10.7 09181 Melons, cantaloupe, raw 177.0 1.0 cup, balls 65.0 09183 Melons, casaba, raw 170.0 1.0 cup, diced (approx 20 pieces per cup) 30.6 08510 Milk and cereal bar 25.0 1.0 bar 3.8 01244 Milk dessert bar, frozen, made from lowfat milk 68.0 1.0 bar 0.6 42131 Milk dessert, frozen, milk-fat free, chocolate 137.0 1.0 cup, diced (approx 20 pieces per cup) 30.6 01110 Milk dessert, frozen, made from lowfat milk 68.0 1.0 bar 0.6 42131 Milk dessert, frozen, milk-fat free, chocolate 137.0 1.0 cup 0.0 01110 Milk shakes, thick chocolate 28.4 1.0 fl oz 0.0 01171 Milk shakes, thick vanilla 28.4 1.0 fl oz 0.0 01076 <td< td=""><td>04606</td><td>Meat drippings (lard, beef tallow, mutton tallow)</td><td>12.8</td><td>1.0 tablespoon</td><td>0.0</td></td<>	04606	Meat drippings (lard, beef tallow, mutton tallow)	12.8	1.0 tablespoon	0.0
43132 Meatballs, meatless 144.0 1.0 cup 0.0 09185 Melon balls, frozen 173.0 1.0 cup, unthawed 10.7 09181 Melons, cantaloupe, raw 177.0 1.0 cup, balls 65.0 09183 Melons, casaba, raw 170.0 1.0 cup, diced (approx 20 pieces per cup) 30.6 08510 Milk and cereal bar 25.0 1.0 bar 3.8 01244 Milk dessert bar, frozen, made from lowfat milk 68.0 1.0 bar 0.6 42131 Milk dessert, frozen, milk-fat free, chocolate 137.0 1.0 cup 1.0 cup 1.0 01110 Milk shakes, thick chocolate 28.4 1.0 fl oz 0.0 01111 Milk shakes, thick vanilla 28.4 1.0 fl oz 0.0 01076 Milk substitutes, fluid, with lauric acid oil 24.0 1.0 cup 0.0 01094 Milk, buttermilk, fluid, cultured, lowfat 245.0 0.25 cup 1.7 01088 Milk, buttermilk, fluid, cultured, lowfat 245.0 1.0 cup 0.25	16106	Meat extender	88.0	1.0 cup	0.0
09185 Melon balls, frozen 173.0 1.0 cup, unthawed 10.7 09181 Melons, cantaloupe, raw 177.0 1.0 cup, balls 65.0 09183 Melons, casaba, raw 170.0 1.0 cup, diced (approx 20 pieces per cup) 30.6 09184 Melons, honeydew, raw 170.0 1.0 cup, diced (approx 20 pieces per cup) 30.6 08510 Milk ad cereal bar 25.0 1.0 bar 3.8 01244 Milk dessert bar, frozen, made from lowfat milk 68.0 1.0 bar 0.6 42131 Milk dessert, frozen, milk-fat free, chocolate 137.0 1.0 cup 1.0 cup 01110 Milk shakes, thick chocolate 28.4 1.0 fl oz 0.0 01111 Milk shakes, thick vanilla 28.4 1.0 fl oz 0.0 01076 Milk substitutes, fluid, with lauric acid oil 244.0 1.0 cup 0.0 01094 Milk, buttermilk, fluid, cultured, lowfat 245.0 1.0 cup 2.2	07972	Meatballs, frozen, Italian style	85.0	3.0 oz	0.0
09181 Melons, cantaloupe, raw 177.0 1.0 cup, balls 65.0 09183 Melons, casaba, raw 170.0 1.0 cup, cubes 37.1 09184 Melons, honeydew, raw 170.0 1.0 cup, diced (approx 20 pieces per cup) 30.6 08510 Milk and cereal bar 25.0 1.0 bar 3.8 01244 Milk dessert bar, frozen, made from lowfat milk 68.0 1.0 bar 0.6 42131 Milk dessert, frozen, milk-fat free, chocolate 137.0 1.0 cup 1.0 01110 Milk shakes, thick chocolate 28.4 1.0 fl oz 0.0 01111 Milk shakes, thick vanilla 28.4 1.0 fl oz 0.0 01076 Milk substitutes, fluid, with lauric acid oil 244.0 1.0 cup 0.0 01094 Milk, buttermilk, dried 30.0 0.25 cup 1.7 01088 Milk, buttermilk, fluid, cultured, lowfat 245.0 1.0 cup 2.4	43132	Meatballs, meatless	144.0	1.0 cup	0.0
09183 Melons, casaba, raw 170.0 1.0 cup, cubes 37.1 09184 Melons, honeydew, raw 170.0 1.0 cup, diced (approx 20 pieces per cup) 30.6 08510 Milk and cereal bar 25.0 1.0 bar 3.8 01244 Milk dessert bar, frozen, made from lowfat milk 68.0 1.0 bar 0.6 42131 Milk dessert, frozen, milk-fat free, chocolate 137.0 1.0 cup 1.0 01110 Milk shakes, thick chocolate 28.4 1.0 fl oz 0.0 01111 Milk shakes, thick vanilla 28.4 1.0 fl oz 0.0 01076 Milk substitutes, fluid, with lauric acid oil 244.0 1.0 cup 0.0 01094 Milk, buttermilk, dried 30.0 0.25 cup 1.7 01088 Milk, buttermilk, fluid, cultured, lowfat 245.0 1.0 cup 2.4	09185	Melon balls, frozen	173.0	1.0 cup, unthawed	10.7
09184 Melons, honeydew, raw 170.0 1.0 cup, diced (approx 20 pieces per cup) 30.6 08510 Milk and cereal bar 25.0 1.0 bar 3.8 01244 Milk dessert bar, frozen, made from lowfat milk 68.0 1.0 bar 0.6 42131 Milk dessert, frozen, milk-fat free, chocolate 137.0 1.0 cup 1.0 01110 Milk shakes, thick chocolate 28.4 1.0 fl oz 0.0 01111 Milk shakes, thick vanilla 28.4 1.0 fl oz 0.0 01076 Milk substitutes, fluid, with lauric acid oil 244.0 1.0 cup 0.0 01094 Milk, buttermilk, dried 30.0 0.25 cup 1.7 01088 Milk, buttermilk, fluid, cultured, lowfat 245.0 1.0 cup 2.4	09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	65.0
08510 Milk and cereal bar 25.0 1.0 bar 3.8 01244 Milk dessert bar, frozen, made from lowfat milk 68.0 1.0 bar 0.6 42131 Milk dessert, frozen, milk-fat free, chocolate 137.0 1.0 cup 1.0 01110 Milk shakes, thick chocolate 28.4 1.0 fl oz 0.0 01111 Milk shakes, thick vanilla 28.4 1.0 fl oz 0.0 01076 Milk substitutes, fluid, with lauric acid oil 244.0 1.0 cup 0.0 01094 Milk, buttermilk, dried 30.0 0.25 cup 1.7 01088 Milk, buttermilk, fluid, cultured, lowfat 245.0 1.0 cup 2.4	09183	Melons, casaba, raw	170.0	1.0 cup, cubes	37.1
01244 Milk dessert bar, frozen, made from lowfat milk 68.0 1.0 bar 0.6 42131 Milk dessert, frozen, milk-fat free, chocolate 137.0 1.0 cup 1.0 01110 Milk shakes, thick chocolate 28.4 1.0 fl oz 0.0 01111 Milk shakes, thick vanilla 28.4 1.0 fl oz 0.0 01076 Milk substitutes, fluid, with lauric acid oil 244.0 1.0 cup 0.0 01094 Milk, buttermilk, dried 30.0 0.25 cup 1.7 01088 Milk, buttermilk, fluid, cultured, lowfat 245.0 1.0 cup 2.4	09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	30.6
42131 Milk dessert, frozen, milk-fat free, chocolate 137.0 1.0 cup 1.0 01110 Milk shakes, thick chocolate 28.4 1.0 fl oz 0.0 01111 Milk shakes, thick vanilla 28.4 1.0 fl oz 0.0 01076 Milk substitutes, fluid, with lauric acid oil 244.0 1.0 cup 0.0 01094 Milk, buttermilk, dried 30.0 0.25 cup 1.7 01088 Milk, buttermilk, fluid, cultured, lowfat 245.0 1.0 cup 2.4	08510	Milk and cereal bar	25.0	1.0 bar	3.8
01110 Milk shakes, thick chocolate 28.4 1.0 fl oz 0.0 01111 Milk shakes, thick vanilla 28.4 1.0 fl oz 0.0 01076 Milk substitutes, fluid, with lauric acid oil 244.0 1.0 cup 0.0 01094 Milk, buttermilk, dried 30.0 0.25 cup 1.7 01088 Milk, buttermilk, fluid, cultured, lowfat 245.0 1.0 cup 2.4	01244	Milk dessert bar, frozen, made from lowfat milk	68.0	1.0 bar	0.6
01111 Milk shakes, thick vanilla 28.4 1.0 fl oz 0.0 01076 Milk substitutes, fluid, with lauric acid oil 244.0 1.0 cup 0.0 01094 Milk, buttermilk, dried 30.0 0.25 cup 1.7 01088 Milk, buttermilk, fluid, cultured, lowfat 245.0 1.0 cup 2.4	42131	Milk dessert, frozen, milk-fat free, chocolate	137.0	1.0 cup	1.0
01076 Milk substitutes, fluid, with lauric acid oil 244.0 1.0 cup 0.0 01094 Milk, buttermilk, dried 30.0 0.25 cup 1.7 01088 Milk, buttermilk, fluid, cultured, lowfat 245.0 1.0 cup 2.4	01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.0
01094 Milk, buttermilk, dried 30.0 0.25 cup 1.7 01088 Milk, buttermilk, fluid, cultured, lowfat 245.0 1.0 cup 2.4	01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	0.0
Milk, buttermilk, fluid, cultured, lowfat 245.0 1.0 cup 2.4	01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	0.0
	01094	Milk, buttermilk, dried	30.0	0.25 cup	1.7
Milk, buttermilk, fluid, cultured, reduced fat 245.0 1.0 cup 3.7	01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	2.4
	42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	3.7

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	0.0
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	1.0
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0.4
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	0.6
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0.6
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	4.8
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	0.5
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	0.0
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	0.0
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	2.2
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	1.0
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	1.9
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	3.8
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	3.8
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	2.0
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	2.0
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	2.8
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	11.0
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	40.3
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	2.2
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	2.2
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	0.0
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	247.0	1.0 cup	2.5
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	0.4
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	1.5
43543	Milk, imitation, non-soy	244.0	1.0 cup	0.0
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	5.6
01089	Milk, low sodium, fluid	244.0	1.0 cup	2.2
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	3.0
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	2.4
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.0
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	2.7
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	2.4
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.0
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	3.7
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	2.7
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	2.4
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	2.7
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.5
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	0.5
01109	Milk, sheep, fluid	245.0	1.0 cup	10.3
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	0.0
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	0.0
20647	Millet flour	119.0	1.0 cup	0.0
20032	Millet, cooked	174.0	1.0 cup	0.0
43483	Millet, puffed	21.0	1.0 cup	0.0
20031	Millet, raw	200.0	1.0 cup	0.0
16112	Miso	17.0	1.0 tbsp	0.0
19304	Molasses	337.0	1.0 cup	0.0
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	1.5
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	1.7
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	0.0
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	0.8
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	8.5
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	18.8
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0.0
15250	Mollusks, conch, baked or broiled	127.0	1.0 cup, sliced	0.0
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	7.2
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	4.5
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	11.6
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	12.0
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	6.8
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	4.2
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	4.2
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	3.2
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	5.1
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	4.0
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	0.0
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	0.0
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	3.2
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	4.0
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	0.0
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	0.7
15174	Mollusks, scallop, mixed species, imitation, made from surimi	85.0	3.0 oz	0.0
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.0
90560	Mollusks, snail, raw	85.0	3.0 oz	0.0
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	3.6
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	1.3
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	5.8
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	3.4
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	0.0
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	0.0
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	0.0
16164	MORI-NU, Tofu, silken, lite firm	84.0	1.0 slice	0.0
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	0.0
16551	MORNINGSTAR FARMS Asian Veggie Patties, frozen, unprepared	67.0	1.0 burger	0.0
16590	MORNINGSTAR FARMS BBQ Riblets, frozen, unprepared	142.0	1.0 sauce	2.8
16542	MORNINGSTAR FARMS Breakfast Bacon Strips, frozen, unprepared	16.0	2.0 strips	0.0
16603	MORNINGSTAR FARMS Breakfast Biscuit Sausage, Egg & Dreese, frozen, unprepared	105.0	1.0 biscuit	0.0
16538	MORNINGSTAR FARMS Breakfast Pattie with Organic Soy, frozen, unprepared	38.0	1.0 Patty	0.0
16609	MORNINGSTAR FARMS Breakfast Pattie, frozen, unprepared	38.0	1.0 pattie	0.0
16546	MORNINGSTAR FARMS Breakfast Sausage Links, frozen, unprepared	45.0	2.0 links	0.0
22122	MORNINGSTAR FARMS Breakfast Sausage Patties, frozen, unprepared	38.0	1.0 patty	0.0
16607	MORNINGSTAR FARMS Buffalo Chik Patties, frozen, unprepared	71.0	1.0 patty	0.0
16555	MORNINGSTAR FARMS Buffalo Wings, frozen, unprepared	85.0	5.0 Wings	0.0
16592	MORNINGSTAR FARMS California Turk'y Burger, frozen, unprepared	64.0	1.0 burger	0.0
16608	MORNINGSTAR FARMS Chik Patties Original, frozen, unprepared	71.0	1.0 patty	0.0
16557	MORNINGSTAR FARMS Chik Patties, frozen, unprepared	71.0	1.0 patty	0.0
16588	MORNINGSTAR FARMS Chik'n Grill Veggie Patties, frozen, unprepared	67.0	1.0 patty	0.0
16556	MORNINGSTAR FARMS Chik'n Nuggets, frozen, unprepared	86.0	4.0 nuggets	0.0
16615	MORNINGSTAR FARMS Chipotle Black Bean Crumbles, frozen, unprepared	56.0	0.5 cup	0.0
16561	MORNINGSTAR FARMS Corn Dog Mini, frozen, unprepared	76.0	4.0 pieces	0.0
16560	MORNINGSTAR FARMS Corn Dog, frozen, unprepared	71.0	1.0 dog	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
16616	MORNINGSTAR FARMS Garden Veggie Nuggets, frozen, unprepared	80.0	5.0 nuggets	0.0
22118	MORNINGSTAR FARMS Garden Veggie Patties, frozen, unprepared	67.0	1.0 burger	0.7
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	50.0	0.5 cup	0.0
16601	MORNINGSTAR FARMS Grillers Chik'n Veggie Patties, frozen, unprepared	67.0	1.0 patty	0.0
16548	MORNINGSTAR FARMS Grillers Original, frozen, unprepared	64.0	1.0 burger	0.0
16549	MORNINGSTAR FARMS Grillers Prime, frozen, unprepared	71.0	1.0 burger	0.0
16596	MORNINGSTAR FARMS Grillers Quarter Pound Veggie Burger, frozen, unprepared	114.0	1.0 burger	31.9
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	71.0	1.0 Burger	0.0
16593	MORNINGSTAR FARMS Hot and Spicy Veggie Sausage Patties, frozen, unprepared	38.0	1.0 patty	1.1
16594	MORNINGSTAR FARMS Lasagna with Veggie Sausage, frozen, unprepared	284.0	1.0 entree	2.8
16602	MORNINGSTAR FARMS Meal Starters Veggie Meatballs, frozen, unprepared	80.0	5.0 meatballs	0.0
16606	MORNINGSTAR FARMS Mediterranean Chickpea, frozen, unprepared	67.0	1.0 Burger	0.0
16552	MORNINGSTAR FARMS Mushroom Lover's Burger, frozen, unprepared	64.0	1.0 burger	0.0
16611	MORNINGSTAR FARMS Parmesan Garlic Wings, frozen, unprepared	85.0	5.0 Wings	0.0
21515	MORNINGSTAR FARMS Pizza, Baja Black Bean, single serve, frozen, unprepared	160.0	1.0 pizza	0.0
16610	MORNINGSTAR FARMS Roasted Garlic & Duinoa Burger, frozen, unprepared	67.0	1.0 burger	0.0
16565	MORNINGSTAR FARMS Sausage Style Recipe Crumbles, frozen, unprepared	55.0	0.667 cup	0.0
22123	MORNINGSTAR FARMS Spicy Black Bean Burger, frozen, unprepared	67.0	1.0 burger	0.0
16617	MORNINGSTAR FARMS Spicy Black Bean Enchilada Entree, frozen, unprepared	255.0	1.0 entree	0.0
16618	MORNINGSTAR FARMS Spicy Indian Veggie Burger, frozen, unprepared	67.0	1.0 burger	0.0
16554	MORNINGSTAR FARMS Tomato & Basil Pizza Burger, frozen, unprepared	67.0	1.0 burger	0.0
16619	MORNINGSTAR FARMS Tuscan Greens & Beans, frozen, unprepared	241.0	1.0 entree	0.0
22119	MORNINGSTAR FARMS Veggie Dog, frozen, unprepared	40.0	1.0 link	0.0
07050	Mortadella, beef, pork	28.35	1.0 oz	0.0
16379	Mothbeans, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	1.8
16079	Mothbeans, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	1.8
16078	Mothbeans, mature seeds, raw	196.0	1.0 cup	7.8
07061	Mother's loaf, pork	28.35	1.0 oz	0.3
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	0.0
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	0.0
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	1.8
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	0.6
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	0.3
18275	Muffins, blueberry, dry mix	43.0	1.0 serving	1.0
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.4

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	0.0
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	0.0
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	0.0
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	0.0
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.1
18281	Muffins, corn, toaster-type	28.35	1.0 oz	0.0
18283	Muffins, oat bran	28.35	1.0 oz	0.0
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.1
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	0.0
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	0.0
09190	Mulberries, raw	140.0	1.0 cup	51.0
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	2.0
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	2.0
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	9.9
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	14.1
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	14.1
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	19.8
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	13.7
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	1.8
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	1.8
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	0.0
11938	Mushroom, white, exposed to ultraviolet light, raw	70.0	1.0 cup pieces or slices	1.5
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole	0.0
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0.0
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	0.0
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.0
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0.0
11987	Mushrooms, oyster, raw	148.0	1.0 large	0.0
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	0.0
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0.0
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.0
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0.0
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	0.4
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	0.4
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.1

1125C Mustrooms, strikuse, strictied 890 1.0 cap whete 0.0 11299 Mustrooms, strike, camed, driined solids 1820 1.0 cap pieces 6.2 11291 Mustrooms, white, cacked, boiled, drianed, with sait 1560 1.0 cap pieces 6.2 11201 Mustrooms, white, cacked, boiled, drianed, with sait 1500 1.1 cap pieces or sliess 1.5 11202 Mustrooms, white, stir-fried 1000 1.0 cap sliced 0.0 11293 Mustrooms, white, stir-fried 1000 1.0 cap sliced 1.0 11290 Mustrooms, white, stir-fried 1000 1.0 cap, chopped 1.54 11290 Mustrooms, white, stir-fried 1000 1.0 cap, chopped 1.54 11290 Mustrooms, white, stir-fried 1.0 1.0 cap, chopped 1.55 11290 Mustroom, cooked, boiled, frained, without sait 1.00 1.0 cap, chopped 1.65 11200 Mustroom, cooked, boiled, frained, without sait 1.00 1.0 cap, chopped 1.0 11201 Mustroom, cooked, boiled, drained, without sait 1.00 <th< th=""><th>NDB_No</th><th>Description</th><th>Weight(g)</th><th>Measure</th><th>Vitamin C, total ascorbic acid(mg) Per Measure</th></th<>	NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
1797 Mushrooms, white, couled, boiled, drained, with salt 1560 1.0 cup priess 6.2 11261 Mushrooms, white, couled, boiled, drained, without salt 1760 1.0 cup priess 6.2 11262 Mushrooms, white, couled, boiled, drained, without salt 1080 1.0 cup priess 1.0 11273 Mustard greens, condead, boiled, drained, with salt 1000 1.0 cup, chopped or diced 2.0 11274 Mustard greens, frozen, cooked, boiled, drained, with salt 1500 1.0 cup, chopped or diced 2.0 11273 Mustard greens, frozen, cooked, boiled, drained, without salt 1500 1.0 cup, chopped or diced 2.0 11274 Mustard greens, frozen, cooked, boiled, drained, without salt 1500 1.0 cup, chopped 2.0 11273 Mustard greens, frozen, cooked, boiled, drained, without salt 180 1.0 cup, chopped 3.0 11274 Mustard spirach, (tendergreen), cooked, boiled, drained, without salt 180 1.0 cup, chopped 3.0 11274 Mustard spirach, (tendergreen), cooked, boiled, drained, without salt 180 1.0 cup, chopped 1.0 11274 Mustard spirach, (ten	11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0.0
11261 Medrorous, white, cooked, beiled, drained, without salt 1560 4 Southorous, white, raw 1.0 11260 Mestrorous, white, raw 100 1 December 1.0 11270 Mestrorous, white, raw 100 1.0 cup, plees of siles 0.0 11271 Mestrad geens, cooked, beiled, drained, without salt 100 1.0 cup, chopped offeed 3.54 11271 Mestrad geens, frozen, cooked, beiled, drained, without salt 1500 1.0 cup, chopped offeed 3.0 11272 Mestrad geens, frozen, cooked, beiled, drained, without salt 1500 1.0 cup, chopped 3.0 11273 Mestrad geens, frozen, cooked, beiled, drained, without salt 1500 1.0 cup, chopped 3.0 11274 Mestrad geens, frozen, unevegered 560 1.0 cup, chopped 3.0 11275 Mestrad geines, frozen, unevegered, cooked, beiled, drained, without salt 1800 1.0 cup, chopped 1.0 11276 Mestrad geines, frozen, unevegered 550 1.0 cup, chopped 1.0 11277 Mestrad geens, frozen, unevegered 120 1.0 cup, chopped 1.0	11989	Mushrooms, straw, canned, drained solids	182.0	1.0 cup	0.0
11260 Mostbrooms, white, raw 700 1.0 cup since 1.5 11263 Mostbrooms, white, sitr-fried 10.0 10.0 cup since 0.0 11279 Mostard greens, cooked, boiled, drained, without salt 1400 1.0 cup, chopped 35.4 11270 Mostard greens, cooked, boiled, drained, without salt 1500 1.0 cup, chopped 35.4 11273 Mostard greens, frozen, cooked, boiled, drained, without salt 1500 1.0 cup, chopped 26.7 11273 Mostard greens, frozen, unprepared 36.0 1.0 cup, chopped 36.0 11270 Mostard greens, frozen, unprepared 36.0 1.0 cup, chopped 36.0 11270 Mostard spirach, (tendergreen), cooked, boiled, drained, with salt 1800 1.0 cup, chopped 170.0 11271 Mostard spirach, (tendergreen), cooked, boiled, drained, with salt 1800 1.0 cup, chopped 170.0 11274 Mostard princh, (tendergreen), cooked, boiled, drained, with salt 1800 1.0 cup, chopped 170.0 11274 Mostard princh, (tendergreen), cooked, boiled, drained, without salt 180 1.0 cup, chopped 1	11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	6.2
11263 Musharoms, white, stir-fried 10.00 1.0 cup stiened 0.00 11799 Mustard geness, cooked, boiled, drained, without salt 1400 1.0 cup, chopped 55.4 11800 Mustard geness, cooked, boiled, drained, without salt 1800 1.0 cup, chopped or diced 2.07 11273 Mustard greens, frozen, cooked, boiled, drained, with salt 1800 1.0 cup, chopped or diced 2.07 11273 Mustard greens, frozen, cooked, boiled, drained, without salt 1800 1.0 cup, chopped 2.07 11274 Mustard greens, frozen, unprepared 1860 1.0 cup, chopped 3.09 11275 Mustard greens, frozen, unprepared 1800 1.0 cup, chopped 1.07 11275 Mustard spinach, (tendergreen), cooked, boiled, drained, without salt 1800 1.0 cup, chopped 1170 11276 Mustard spinach, (tendergreen), cooked, boiled, drained, without salt 1800 1.0 cup, chopped 1170 11276 Mustard spinach, (tendergreen), cooked, boiled, drained, without salt 1800 1.0 cup, chopped 1170 11276 NaBISCO, NABISCO GRAHAMS Cooked 1.0 cup, chopped	11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	6.2
11799 Mastard greens, cooked, boiled, drained, withou salt 1400 1.0 cup, chopped 35.4 11271 Mastard greens, cooked, boiled, drained, withou salt 1500 1.0 cup, chopped 35.4 11273 Mastard greens, frozen, cooked, boiled, drained, withou salt 1500 1.0 cup, chopped 20.7 11272 Mastard greens, frozen, unprepared 1460 1.0 cup, chopped 36.0 11270 Mastard greens, frozen, cooked, boiled, drained, without salt 1800 1.0 cup, chopped 36.0 11270 Mastard spinach, (tendergeen), cooked, boiled, drained, without salt 1800 1.0 cup, chopped 10.7 11274 Mastard spinach, (tendergeen), cooked, boiled, drained, without salt 1800 1.0 cup, chopped 117.0 11274 Mastard spinach, (tendergeen), cooked, boiled, drained, without salt 1800 1.0 cup, chopped 117.0 11274 Mastard spinach, (tendergeen), cooked, boiled, drained, without salt 1800 1.0 cup, chopped 180.0 10274 Mastard spinach, (tendergeen), cooked, boiled, drained, without salt 1800 1.0 cup, chopped 180.0 1807 ABISCO, NABISCO SN	11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	1.5
11271 Mustard greens, cooked, boiled, drained, without salt 1400 1.0 cup, chopped 35.4 11800 Mustard greens, frozen, cooked, boiled, drained, with salt 1500 1.0 cup, chopped 20.7 11272 Mustard greens, frozen, unprepared 160 1.0 cup, chopped 36.9 11270 Mustard greens, frozen, unprepared 160 1.0 cup, chopped 36.9 11280 Mustard greens, frozen, unprepared 180.0 1.0 cup, chopped 117.0 11271 Mustard greens, (inchedgreen), cooked, boiled, drained, with salt 180.0 1.0 cup, chopped 117.0 11275 Mustard spinach, (iendergreen), cooked, boiled, drained, with salt 180.0 1.0 cup, chopped 117.0 11274 Mustard, spinach, (iendergreen), cooked, boiled, drained, with salt 180.0 1.0 cup, chopped 195.0 11284 Mustard, spinach, (iendergreen), cooked, boiled, drained, with salt 180.0 1.0 cup, chopped 195.0 11294 Mustard, spinach, (iendergreen), cooked, boiled, drained, with salt 180.0 1.0 sport in packet 0.0 12806 NaBISCO, NABISCO (NABISCO (SPAILAS Parkers) 2.0	11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0.0
11800 Mustard greens, frozen, cooked, boiled, drained, without salt 150 1.0 cup, chopped of cited 207 11273 Mustard greens, frozen, cooked, boiled, drained, without salt 150 1.0 cup, chopped 20.7 11274 Mustard greens, frozen, unprepared 160 1.0 cup, chopped 39.2 11275 Mustard spinach, (tendergreen), cooked, boiled, drained, without salt 180 1.0 cup, chopped 117.0 11275 Mustard spinach, (tendergreen), cooked, boiled, drained, without salt 180 1.0 cup, chopped 117.0 11274 Mustard spinach, (tendergreen), row 150 1.0 cup, chopped 117.0 11274 Mustard, prepared, yellow 250 1.0 cup, chopped 117.0 11274 Mustard, prepared, yellow 280 1.0 serving 0.0 1817 NaBISCO, NABISCO SRAKWELL'S Far Free Devil's Food Cookie Cakes 160 1.0 serving 1.0 0948 Nance, (moze, yany, drained 112 1.0 cup without pits 1.2 0949 Nance, frozen, unswectened 120 1.0 cup without pits 1.3 0940 <	11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	35.4
11273 Mustard greens, frozen, cooked, boiled, drained, without salt 1500 1.0 cm, chopped 20.7 11272 Mustard greens, frozen, unprepared 1640 1.0 cm, chopped 36.9 11270 Mustard greens, raw 560 1.0 cm, chopped 197.0 11271 Mustard spinisch, (tendergreen), cooked, boiled, drained, without salt 1800 1.0 cm, chopped 197.0 11274 Mustard spinisch, (tendergreen), cooked, boiled, drained, without salt 1800 1.0 cm, chopped 197.0 11274 Mustard, propared, yellow 50 1.0 cm, chopped 195.0 02046 Mustard, propared, yellow 50 1.0 cm, chopped 195.0 02046 Mustard, propared, yellow 50 1.0 cm, chopped 195.0 08161 NABISCO, NABISCO GRAHAMS Crackers 28 1.0 serving 0.0 0848 Nance, canned, syrup, drained 1.0 1.0 serving 0.0 0849 Nance, farmed, syrup, drained 1.1 3.0 cm, chine without pits, thaned 1.0 0849 Naranjilla (lulo) pulp, frozen, unsweetened 120	11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	35.4
11272 Mustard greens, frozen, umprepared 146.0 1.0 cup, chopped 36.9 11270 Mustard greens, raw 56.0 1.0 cup, chopped 37.2 11801 Mustard spinach, (tendergreen), cooked, boiled, drained, with salt 180.0 1.0 cup, chopped 117.0 11274 Mustard, spinach, (tendergreen), cooked, boiled, drained, without salt 180.0 1.0 cup, chopped 195.0 11274 Mustard, prinach, (tendergreen), cooked, boiled, drained, without salt 180.0 1.0 cup, chopped 195.0 11274 Mustard, prinach, (tendergreen), cooked, boiled, drained, without salt 180.0 1.0 cup, chopped 195.0 11274 Mustard, prepared, yellow 5.0 1.0 sport cup, chopped 195.0 11274 Mustard, prepared, yellow 5.0 1.0 sport cup, chopped 10.0 11876 NABISCO, NABISCO SRACKWELL'S Fat Free Devil's Food Cookic Cakes 16.0 1.0 sport cup store 10.0 11876 Nance, frozen, unswectened 112.0 1.0 cup without pits, than 10.3 10449 Nance, frozen, unswectened 120.0 1.0 cup without pits, than 10.0 <td>11800</td> <td>Mustard greens, frozen, cooked, boiled, drained, with salt</td> <td>150.0</td> <td>1.0 cup, chopped or diced</td> <td>20.7</td>	11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	20.7
11270 Mustard greens, raw 56.0 1.0 cup, chopped 39.2 11801 Mustard spinach, (tendergreen), cooked, boiled, drained, without salt 180.0 1.0 cup, chopped 117.0 11275 Mustard spinach, (tendergreen), cooked, boiled, drained, without salt 180.0 1.0 cup, chopped 195.0 12274 Mustard, prepared, yellow 5.0 1.0 sep or 1 packet 0.0 18617 NABISCO, NABISCO GRAHAMS Crackers 28.0 1.0 serving 0.0 18618 NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes 16.0 1.0 serving 0.0 08448 Nance, canned, syrup, drained 11.1 3.0 fruit without pits, thawed 10.0 09449 Nance, frozen, unsweetened 112.0 1.0 cup without pits, thawed 10.3 09449 Narce, frozen, unsweetened 112.0 1.0 cup without pits, thawed 10.3 09449 Narce, frozen, unsweetened 120.0 1.0 cup without pits, thawed 10.0 09410 Nature, Insweetened 212.0 1.0 cup without pits, thate with pits w	11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	20.7
11801 Mustard spinach, (lendergreen), cooked, boiled, drained, with salt 1800 1.0 cup, chopped 117.0 11275 Mustard spinach, (lendergreen), cooked, boiled, drained, without salt 1800 1.0 cup, chopped 197.0 11274 Mustard spinach, (lendergreen), raw 1500 1.0 tup, chopped 195.0 02046 Mustard, prepared, yellow 280 1.0 tsp or 1 packet 0.0 18617 NABISCO, NABISCO GRAHAMS Crackers 280 1.0 serving 0.0 18651 NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes 160 1.0 cup without pits, thanked 10.2 09448 Nance, frozen, unswectened 1120 1.0 cup without pits, thanked 103.6 09450 Nari, frozen, unswectened 1120 1.0 cup without pits, thanked 103.6 16113 Nath 1750 1.0 cup without pits, thanked 103.6 16113 Nation strains, raw 1430 1.0 slice 4" dia x 1.8" thick y 10.0 18102 New zealand spinach, cooked, boiled, drained, with salt 1800 1.0 slice 4" dia x 1.8" thick y 10.0 1827	11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	36.9
11275 Mustard spinach, (tendergreen), cooked, boiled, drained, without salt 1800 1.0 cup, chopped 1950 11274 Mustard, spinach, (tendergreen), raw 1500 1.0 cup, chopped 1950 02046 Mustard, prepared, yellow 5.0 1.0 tsp or 1 packet 0.0 18617 NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes 160 1.0 serving 0.0 19448 Nance, canned, syrup, drained 111.1 3.0 fruit without pits 1.2 09449 Nance, canned, syrup, drained 112.0 1.0 cup without pits, thawed 103.6 09450 Naranjilla (ulo) pulp, frozen, unsweetened 112.0 1.0 cup without pits, thawed 103.6 09451 Netarines, raw 143.0 1.0 cup without pits, thawed 103.6 01951 New realand brand sausage, pork, beef 23.0 1.0 slice (4" dia x 1/8" thick) 0.0 11802 New zealand spinach, cooked, boiled, drained, with salt 180.0 1.0 cup, chopped 28.8 11276 New Zealand spinach, raw 5.6 1.0 cup, chopped 28.8 1082 Nood	11270	Mustard greens, raw	56.0	1.0 cup, chopped	39.2
11274 Mustard spinach, (tendergreen), raw 1500 1.0 cup, chopped 1950 02046 Mustard, prepared, yellow 5.0 1.0 isp or 1 packet 0.0 18617 NABISCO, NABISCO GRAHAMS Crackers 28.0 1.0 serving 0.0 18651 NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes 16.0 1.0 serving 0.0 09448 Nance, canned, syrup, drained 11.1 3.0 fruit without pits, thaved 103.6 09449 Nance, frozen, unsweetened 112.0 1.0 cup vintout pits, thaved 103.6 09450 Naranjilla (lulo) pulp, frozen, unsweetened 120.0 1.0 cup hitwoit pits, thaved 103.6 1613 Natto 1.0 cup 1.0 cup 2.28 09191 Nectarines, raw 143.0 1.0 slice (4" dia x 1/8" thick) 0.0 11802 New england brands ausage, pork, beef 23.0 1.0 slice (4" dia x 1/8" thick) 0.0 11802 New Zealand spinach, cooked, boiled, drained, with salt 180.0 1.0 cup, chopped 2.88 11276 New Zealand spinach, raw 25.0 <	11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	117.0
02046 Mustard, prepared, yellow 5.0 1.0 tsp or 1 packet 0.0 18617 NABISCO, NABISCO GRAHAMS Crackers 28.0 1.0 serving 0.0 18651 NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes 16.0 1.0 serving 0.0 09448 Nance, canned, syrup, drained 11.1 3.0 fruit without pits, thawed 10.5 09450 Naranjilla (lulo) pulp, frozen, unsweetened 120.0 1.0 cup without pits, thawed 103.6 09451 Natronjilla (lulo) pulp, frozen, unsweetened 120.0 1.0 cup without pits, thawed 103.6 09450 Naranjilla (lulo) pulp, frozen, unsweetened 120.0 1.0 cup without pits, thawed 103.6 09451 Natronjilla (lulo) pulp, frozen, unsweetened 120.0 1.0 cup without pits, thawed 13.8 09151 Net Carines, raw 143.0 1.0 cup bloth pulp 22.8 11802 New geland brand sausage, pork, beef 23.0 1.0 slice (4° dia x 1.8° thick) 0.0 11802 New zealand spinach, cooked, boiled, drained, without salt 180.0 1.0 cup, chopped 2.8	11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	117.0
18617 NABISCO, NABISCO GRAHAMS Crackers 28.0 1.0 serving 0.0 18651 NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes 16.0 1.0 serving 0.0 09448 Nance, canned, syrup, drained 11.1 3.0 fruit without pits 1.2 09449 Nance, frozen, unsweetened 112.0 1.0 cup without pits, thawed 103.6 09450 Naranjilla (lulo) pulp, frozen, unsweetened 120.0 1.0 cup without pits, thawed 103.6 16113 Natto 175.0 1.0 cup thawed 2.8 16113 Natto 143.0 1.0 cup slices 7.7 07091 Nec england brand sausage, pork, beef 23.0 1.0 slice (4" dia x 1/8" thick) 0.0 11802 New zealand spinach, cooked, boiled, drained, with salt 180.0 1.0 cup, chopped 28.8 11276 New Zealand spinach, cooked, boiled, drained, without salt 180.0 1.0 cup, chopped 28.8 11282 New Zealand spinach, case, clophane or long rice (mung beans), dehydrated 140.0 1.0 cup, chopped 16.8 1602 Noodles, chinese, cell	11274	Mustard spinach, (tendergreen), raw	150.0	1.0 cup, chopped	195.0
18651 NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes 16.0 1.0 serving 0.0 09448 Nance, canned, syrup, drained 11.1 3.0 fruit without pits 1.2 09449 Nance, frozen, unsweetened 112.0 1.0 cup without pits, thawed 103.6 09450 Naranjilla (lulo) pulp, frozen, unsweetened 120.0 1.0 cup without pits, thawed 3.8 16113 Natto 175.0 1.0 cup thawed 2.8 09191 Nectarines, raw 143.0 1.0 slice (4" diax 1/8" thick) 0.0 11802 New zealand spinach, cooked, boiled, drained, with salt 180.0 1.0 slice (4" diax 1/8" thick) 0.0 11807 New Zealand spinach, cooked, boiled, drained, without salt 180.0 1.0 cup, chopped 28.8 11276 New Zealand spinach, cooked, boiled, drained, without salt 180.0 1.0 cup, chopped 28.8 11276 New Zealand spinach, raw 56.0 1.0 cup, chopped 28.8 11276 New Zealand spinach, raw 28.0 0.5 cup dray 0.0 1082 Noodles, chinese, cellophane or lon	02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.0
09448 Nance, canned, syrup, drained 11.1 3.0 fruit without pits 1.2 09449 Nance, frozen, unsweetened 112.0 1.0 cup without pits, thawed 103.6 09450 Naranjilla (lulo) pulp, frozen, unsweetened 120.0 1.0 cup thawed 3.8 16113 Natto 175.0 1.0 cup thawed 2.8 09191 Nectarines, raw 143.0 1.0 slice (4" dia x 1/8" thick) 0.0 11802 New zealand spinach, cooked, boiled, drained, with salt 180.0 1.0 slice (4" dia x 1/8" thick) 0.0 11877 New Zealand spinach, cooked, boiled, drained, without salt 180.0 1.0 cup, chopped 28.8 11276 New Zealand spinach, raw 56.0 1.0 cup, chopped 28.8 11276 New Zealand spinach, raw 140.0 1.0 cup, chopped 18.8 11276 Noodles, chinese, cellophane or long rice (mung beans), dehydrated 140.0 1.0 cup 0.0 20113 Noodles, chinese, chow mein 28.0 0.5 cup dry 0.0 20120 Noodles, egg, cooked, unenriched, with added salt 160.0	18617	NABISCO, NABISCO GRAHAMS Crackers	28.0	1.0 serving	0.0
09449 Nance, frozen, unsweetened 112.0 1.0 cup without pits, thawed 103.6 09450 Naranjilla (lulo) pulp, frozen, unsweetened 120.0 1.0 cup thawed 3.8 16113 Natto 175.0 1.0 cup thawed 22.8 09191 Nectarines, raw 143.0 1.0 slice (4" dia x 1/8" thick) 0.0 11802 New zealand spinach, cooked, boiled, drained, with salt 180.0 1.0 cup, chopped 28.8 11277 New Zealand spinach, cooked, boiled, drained, with salt 180.0 1.0 cup, chopped 28.8 11276 New Zealand spinach, cooked, boiled, drained, with salt 180.0 1.0 cup, chopped 28.8 11276 New Zealand spinach, cooked, boiled, drained, with salt 180.0 1.0 cup, chopped 28.8 11276 New Zealand spinach, cooked, boiled, drained, with salt 180.0 1.0 cup, chopped 28.8 11276 New Zealand spinach, cooked, boiled, drained, with salt 180.0 1.0 cup, chopped 16.8 1280 Noodles, clinese, clow mein 28.0 0.5 cup dry 0.0 2011 Noodles, egg	18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16.0	1.0 serving	0.0
09450 Naranjilla (lulo) pulp, frozen, unsweetened 120.0 1.0 cup thawed 3.8 16113 Natto 175.0 1.0 cup 22.8 09191 Nectarines, raw 143.0 1.0 cup slices 7.7 07091 New england brand sausage, pork, beef 23.0 1.0 slice (4" dia x 1/8" thick) 0.0 11802 New zealand spinach, cooked, boiled, drained, with salt 180.0 1.0 cup, chopped 28.8 11277 New Zealand spinach, cooked, boiled, drained, without salt 180.0 1.0 cup, chopped 28.8 11276 New Zealand spinach, raw 56.0 1.0 cup, chopped 28.8 16082 Noodles, chinese, cellophane or long rice (mung beans), dehydrated 140.0 1.0 cup 0.0 20113 Noodles, chinese, chow mein 28.0 0.5 cup dry 0.0 20310 Noodles, egg, cooked, enriched, with added salt 160.0 1.0 cup 0.0 20109 Noodles, egg, dry, enriched 38.0 1.0 cup 0.0 20109 Noodles, egg, dry, unenriched 38.0 1.0 cup 0.0 <	09448	Nance, canned, syrup, drained	11.1	3.0 fruit without pits	1.2
16113 Natto 175.0 1.0 cup 22.8 09191 Nectarines, raw 143.0 1.0 cup slices 7.7 07091 New england brand sausage, pork, beef 23.0 1.0 slice (4" dia x 1/8" thick) 0.0 11802 New zealand spinach, cooked, boiled, drained, with salt 180.0 1.0 cup, chopped 28.8 11277 New Zealand spinach, cooked, boiled, drained, without salt 180.0 1.0 cup, chopped 28.8 11276 New Zealand spinach, cooked, boiled, drained, without salt 180.0 1.0 cup, chopped 28.8 11276 New Zealand spinach, cooked, boiled, drained, without salt 180.0 1.0 cup, chopped 28.8 11276 New Zealand spinach, cooked, olied, drained, without salt 180.0 1.0 cup, chopped 28.8 11276 New Zealand spinach, cooked, cellophane or long rice (mung beans), dehydrated 140.0 1.0 cup, chopped 16.8 16082 Noodles, chinese, cellophane or long rice (mung beans), dehydrated 160.0 1.0 cup 0.0 20110 Noodles, egg, cooked, enriched, with added salt 160.0 1.0 cup 0.0	09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	103.6
09191 Nectarines, raw 143.0 1.0 cup slices 7.7 07091 New england brand sausage, pork, beef 23.0 1.0 slice (4" dia x 1/8" thick) 0.0 11802 New zealand spinach, cooked, boiled, drained, with salt 180.0 1.0 cup, chopped 28.8 11277 New Zealand spinach, cooked, boiled, drained, without salt 180.0 1.0 cup, chopped 28.8 11276 New Zealand spinach, raw 56.0 1.0 cup, chopped 16.8 16082 Noodles, chinese, cellophane or long rice (mung beans), dehydrated 140.0 1.0 cup, chopped 16.8 16082 Noodles, chinese, chow mein 28.0 0.5 cup dry 0.0 20113 Noodles, egg, cooked, enriched, with added salt 160.0 1.0 cup 0.0 20310 Noodles, egg, cooked, unenriched, with added salt 160.0 1.0 cup 0.0 20109 Noodles, egg, dry, enriched 38.0 1.0 cup 0.0 20409 Noodles, egg, dry, unenriched 38.0 1.0 cup 0.0 20110 Noodles, egg, enriched, cooked 160.0 1.0 cu	09450	Naranjilla (lulo) pulp, frozen, unsweetened	120.0	1.0 cup thawed	3.8
07091 New england brand sausage, pork, beef 23.0 1.0 slice (4" dia x 1/8" thick) 0.0 11802 New zealand spinach, cooked, boiled, drained, with salt 180.0 1.0 cup, chopped 28.8 11277 New Zealand spinach, cooked, boiled, drained, without salt 180.0 1.0 cup, chopped 28.8 11276 New Zealand spinach, raw 56.0 1.0 cup, chopped 16.8 16082 Noodles, chinese, cellophane or long rice (mung beans), dehydrated 140.0 1.0 cup 0.0 20113 Noodles, chinese, chow mein 28.0 0.5 cup dry 0.0 20310 Noodles, egg, cooked, enriched, with added salt 160.0 1.0 cup 0.0 2010 Noodles, egg, doy, enriched 38.0 1.0 cup 0.0 20409 Noodles, egg, dry, enriched 38.0 1.0 cup 0.0 20100 Noodles, egg, dry, unenriched 38.0 1.0 cup 0.0 20100 Noodles, egg, dry, unenriched 38.0 1.0 cup 0.0 20100 Noodles, egg, egr, dry, unenriched 38.0 1.0 cup 0.0 20100 Noodles, egg, erriched, cooked 160.0	16113	Natto	175.0	1.0 cup	22.8
11802 New zealand spinach, cooked, boiled, drained, with salt 180.0 1.0 cup, chopped 28.8 11277 New Zealand spinach, cooked, boiled, drained, without salt 180.0 1.0 cup, chopped 28.8 11276 New Zealand spinach, raw 56.0 1.0 cup, chopped 16.8 16082 Noodles, chinese, cellophane or long rice (mung beans), dehydrated 140.0 1.0 cup 0.0 20113 Noodles, chinese, chow mein 28.0 0.5 cup dry 0.0 20310 Noodles, egg, cooked, enriched, with added salt 160.0 1.0 cup 0.0 20510 Noodles, egg, cooked, unenriched, with added salt 160.0 1.0 cup 0.0 20109 Noodles, egg, dry, enriched 38.0 1.0 cup 0.0 20409 Noodles, egg, dry, unenriched 38.0 1.0 cup 0.0 20110 Noodles, egg, egg, enriched, cooked 160.0 1.0 cup 0.0	09191	Nectarines, raw	143.0	1.0 cup slices	7.7
11277 New Zealand spinach, cooked, boiled, drained, without salt 180.0 1.0 cup, chopped 28.8 11276 New Zealand spinach, raw 56.0 1.0 cup, chopped 16.8 16082 Noodles, chinese, cellophane or long rice (mung beans), dehydrated 140.0 1.0 cup 0.0 20113 Noodles, chinese, chow mein 28.0 0.5 cup dry 0.0 20310 Noodles, egg, cooked, enriched, with added salt 160.0 1.0 cup 0.0 20510 Noodles, egg, cooked, unenriched, with added salt 160.0 1.0 cup 0.0 20109 Noodles, egg, dry, enriched 38.0 1.0 cup 0.0 20409 Noodles, egg, dry, unenriched 38.0 1.0 cup 0.0 20110 Noodles, egg, enriched, cooked 160.0 1.0 cup 0.0	07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.0
11276 New Zealand spinach, raw 56.0 1.0 cup, chopped 16.8 16082 Noodles, chinese, cellophane or long rice (mung beans), dehydrated 140.0 1.0 cup 0.0 20113 Noodles, chinese, chow mein 28.0 0.5 cup dry 0.0 20310 Noodles, egg, cooked, enriched, with added salt 160.0 1.0 cup 0.0 20510 Noodles, egg, cooked, unenriched, with added salt 160.0 1.0 cup 0.0 20109 Noodles, egg, dry, enriched 38.0 1.0 cup 0.0 20409 Noodles, egg, dry, unenriched 38.0 1.0 cup 0.0 20110 Noodles, egg, enriched, cooked 160.0 1.0 cup 0.0	11802	New zealand spinach, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	28.8
16082 Noodles, chinese, cellophane or long rice (mung beans), dehydrated 140.0 1.0 cup 0.0 20113 Noodles, chinese, chow mein 28.0 0.5 cup dry 0.0 20310 Noodles, egg, cooked, enriched, with added salt 160.0 1.0 cup 0.0 20510 Noodles, egg, cooked, unenriched, with added salt 160.0 1.0 cup 0.0 20109 Noodles, egg, dry, enriched 38.0 1.0 cup 0.0 20409 Noodles, egg, dry, unenriched 38.0 1.0 cup 0.0 20110 Noodles, egg, enriched, cooked 160.0 1.0 cup 0.0	11277	New Zealand spinach, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	28.8
20113 Noodles, chinese, chow mein 28.0 0.5 cup dry 0.0 20310 Noodles, egg, cooked, enriched, with added salt 160.0 1.0 cup 0.0 20510 Noodles, egg, cooked, unenriched, with added salt 160.0 1.0 cup 0.0 20109 Noodles, egg, dry, enriched 38.0 1.0 cup 0.0 20409 Noodles, egg, dry, unenriched 38.0 1.0 cup 0.0 20110 Noodles, egg, enriched, cooked 160.0 1.0 cup 0.0	11276	New Zealand spinach, raw	56.0	1.0 cup, chopped	16.8
20310 Noodles, egg, cooked, enriched, with added salt 160.0 1.0 cup 0.0 20510 Noodles, egg, cooked, unenriched, with added salt 160.0 1.0 cup 0.0 20109 Noodles, egg, dry, enriched 38.0 1.0 cup 0.0 20409 Noodles, egg, dry, unenriched 38.0 1.0 cup 0.0 20110 Noodles, egg, enriched, cooked 160.0 1.0 cup 0.0	16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0.0
20510 Noodles, egg, cooked, unenriched, with added salt 160.0 1.0 cup 0.0 20109 Noodles, egg, dry, enriched 38.0 1.0 cup 0.0 20409 Noodles, egg, dry, unenriched 38.0 1.0 cup 0.0 20110 Noodles, egg, enriched, cooked 160.0 1.0 cup 0.0	20113	Noodles, chinese, chow mein	28.0	0.5 cup dry	0.0
20109 Noodles, egg, dry, enriched 38.0 1.0 cup 0.0 20409 Noodles, egg, dry, unenriched 38.0 1.0 cup 0.0 20110 Noodles, egg, enriched, cooked 160.0 1.0 cup 0.0	20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	0.0
20409 Noodles, egg, dry, unenriched 38.0 1.0 cup 0.0 20110 Noodles, egg, enriched, cooked 160.0 1.0 cup 0.0	20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	0.0
20110 Noodles, egg, enriched, cooked 160.0 1.0 cup 0.0	20109	Noodles, egg, dry, enriched	38.0	1.0 cup	0.0
	20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.0
Noodles, egg, spinach, enriched, cooked 160.0 1.0 cup 0.0	20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	0.0
	20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
20111	Noodles, egg, spinach, enriched, dry	38.0	1.0 cup	0.0
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	0.0
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	0.0
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	0.0
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	0.0
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	0.0
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	0.0
11964	Nopales, cooked, without salt	149.0	1.0 cup	7.9
11963	Nopales, raw	86.0	1.0 cup, sliced	8.0
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	59.9
12060	Nuts, acorn flour, full fat	28.35	1.0 oz	0.0
12059	Nuts, acorns, dried	28.35	1.0 oz	0.0
12058	Nuts, acorns, raw	28.35	1.0 oz	0.0
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0.0
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	0.0
12071	Nuts, almond paste	28.35	1.0 oz	0.0
12061	Nuts, almonds	143.0	1.0 cup, whole	0.0
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	0.0
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	0.0
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	0.0
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	1.0
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	0.0
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	0.0
12567	Nuts, almonds, oil roasted, with salt added, smoke flavor	28.0	1.0 oz (28 almonds)	0.0
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	0.0
12077	Nuts, beechnuts, dried	28.35	1.0 oz	4.4
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	0.9
12084	Nuts, butternuts, dried	120.0	1.0 cup	3.8
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	0.0
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	0.0
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	0.0
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	0.0
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	0.4
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	0.4
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	7.0
12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	16.6
12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	10.2
12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	10.9
12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	7.6
12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	4.3
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	4.3
12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	11.4
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	62.4
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	37.2
12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	2.7
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	95.0
12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	7.5
12204	Nuts, chestnuts, japanese, roasted	28.35	1.0 oz	7.9
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.0
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	0.4
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	0.4
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0.4
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	0.0
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0.0
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	0.7
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	0.4
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	2.6
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	2.3
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	2.6
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	6.7
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	5.8
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	0.0
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	0.0
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	14.1
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	8.3
12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	4.3
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	7.2
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	0.6
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	1.1

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	2.4
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	0.9
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	0.9
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	1.6
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	0.5
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	1.0
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	0.1
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	0.7
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	0.7
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	0.2
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	0.7
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	0.7
12142	Nuts, pecans	109.0	1.0 cup, chopped	1.2
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	0.2
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	0.2
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	0.8
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	0.8
12145	Nuts, pilinuts, dried	120.0	1.0 cup	0.7
12147	Nuts, pine nuts, dried	135.0	1.0 cup	1.1
12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	0.6
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	3.7
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	3.7
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	6.9
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	2.1
12157	Nuts, walnuts, dry roasted, with salt added	28.0	1.0 oz	0.4
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	1.5
12156	Nuts, walnuts, glazed	28.0	1.0 oz	0.0
20034	Oat bran, cooked	219.0	1.0 cup	0.0
20033	Oat bran, raw	94.0	1.0 cup	0.0
20132	Oat flour, partially debranned	104.0	1.0 cup	0.0
20038	Oats	156.0	1.0 cup	0.0
09192	Oheloberries, raw	140.0	1.0 cup	8.4
04529	Oil, almond	13.6	1.0 tablespoon	0.0
04530	Oil, apricot kernel	13.6	1.0 tablespoon	0.0
04581	Oil, avocado	14.0	1.0 tbsp	0.0

1955 Olt, cented 14.0 1.0 thep Olt	NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
9500 Oil, occome better 13.6 1.0 tabep 0.0 0.00477 Oil, occomet 13.6 1.0 tabep 0.0 0.2299 Oil, corn, and sartial and retail, all purpose salad or crocking 13.6 1.0 tabespoon 0.0 0.6158 Oil, corn, peant, and olive 14.0 1.0 tablespoon 0.0 0.61502 Oil, cotrousced, salad or cooking 13.6 1.0 tablespoon 0.0 0.61514 Oil, capus ass 13.6 1.0 tablespoon 0.0 0.62571 Oil, faceced, cod pressed 13.6 1.0 tablespoon 0.0 0.65752 Oil, faceced, cod pressed 13.6 1.0 tablespoon 0.0 0.65752 Oil, faceced, cod pressed 13.6 1.0 tablespoon 0.0 0.65752 Oil, faceced, cod pressed 13.6 1.0 tablespoon 0.0 0.65753 Oil, industrial, cancola viril, activatal standard partially lydrogenatedly of for layer fit ying 13.6 1.0 tablespoon 0.0 0.66454 Oil, industrial, cancola with autiforaming agent, principal uses saleds, works and light frying 13.6 1.0 tab	04534	Oil, babassu	13.6	1.0 tbsp	0.0
0.00 0.00	04582	Oil, canola	14.0	1.0 tbsp	0.0
1228 Oil, corn and casola 14.0 1.0 thsp 0.0 04518 Oil, corn, inclustrial and retail, all purpose salad or cooking 11.6 1.0 thsp 0.0 04502 Oil, corn, peanur, and olive 14.0 1.0 tinblespoon 0.0 04502 Oil, cottonseed, salad or cooking 13.6 1.0 tinblespoon 0.0 04502 Oil, cottonseed, salad or cooking 13.6 1.0 tinblespoon 0.0 04512 Oil, fasseed, cold pressed 13.6 1.0 tinblespoon 0.0 04517 Oil, grapesced 13.6 1.0 tinblespoon 0.0 04517 Oil, grapesced 13.6 1.0 tinblespoon 0.0 04517 Oil, industrial, canola (partially hydrogenated) oil for deep fat frying 13.6 1.0 tinblespoon 0.0 04542 Oil, industrial, canola (partially hydrogenated) oil for deep fat frying 13.6 1.0 tinblespoon 0.0 04643 Oil, industrial, canola with antiforming agent, principal uses salads, wols and light frying 13.6 1.0 tinblespoon 0.0 04644 Oil, industrial, canola with antiforming agent, principal uses salads, wols and light frying 13.6 1.0 tinblespoon 0.0 04640 Oil, industrial, canola (bythogenated), used for whisped toppings and coffee whiteners 13.6 1.0 tinblespoon 0.0 04641 Oil, industrial, cocount (bythogenated), used for whisped toppings and coffee whiteners 13.6 1.0 tinblespoon 0.0 04642 Oil, industrial, cocount (bythogenated), used for whisped toppings and coffee whiteners 13.6 1.0 tinblespoon 0.0 04642 Oil, industrial, cocount (bythogenated), self of ceream configure 13.6 1.0 tinblespoon 0.0 04642 Oil, industrial, palm keemed (hydrogenated), self of whisped toppings, non-chirp 13.6 1.0 tinblespoon 0.0 04643 Oil, industrial, palm keemed (hydrogenated), self of whisped toppings, non-chirp 13.6 1.0 tinblespoon 0.0 04640 Oil, industrial, palm keemed (hydrogenated), confection fat, uses similar to 95 degree hard burter 13.6 1.0 tinblespoon 0.0 04650 Oil, industrial, palm keemed (hydrogenated), confection fat, uses similar	04501	Oil, cocoa butter	13.6	1.0 tablespoon	0.0
04518 Oil, corn. industrial and retail, all purpose salad or cooking 13.6 1.0 tablespoon 0.0 44005 Oil, corn. genant, and olive 14.0 1.0 tablespoon 0.0 04520 Oil, cottonseed, salad or cooking 13.6 1.0 tablespoon 0.0 04541 Oil, cupra assu 13.6 1.0 tablespoon 0.0 42231 Oil, flasseed, cold pressed 13.6 1.0 tablespoon 0.0 04517 Oil, judgeted 13.6 1.0 tablespoon 0.0 04522 Oil, industrial, canola (purtially bydrogenated) oil for deep fat frying 13.6 1.0 tablespoon 0.0 04643 Oil, industrial, canola (purtially bydrogenated) oil for deep fat frying 13.6 1.0 tablespoon 0.0 04643 Oil, industrial, canola ky and tatiforming agent, principal uses salads, woks and light frying 13.6 1.0 tablespoon 0.0 04664 Oil, industrial, canola bydrogenated), used for whipped toppings and coffee whiteners 13.6 1.0 tablespoon 0.0 04669 Oil, industrial, cocount, principal uses sandy coatings, oil sprays, resetting russ 13.6 1.0 tablespoon	04047	Oil, coconut	13.6	1.0 tbsp	0.0
4405 Oil, corns, peanut, and olive 14.0 1.0 tablespoon 0.0 04502 Oil, cortonseed, said of crocking 13.6 1.0 tablespoon 0.0 04541 Oil, cupu assu 13.6 1.0 tablespoon 0.0 04521 Oil, fazesed, cold pressed 13.6 1.0 tablespoon 0.0 04522 Oil, fazesed, cold pressed 13.6 1.0 tablespoon 0.0 04523 Oil, fazesed, cold pressed 13.6 1.0 tablespoon 0.0 04524 Oil, diasterial, canola (partially hydrogenated) oil for deep fat frying 13.6 1.0 tablespoon 0.0 04645 Oil, industrial, canola for salads, woks and light frying 13.6 1.0 tablespoon 0.0 04644 Oil, industrial, canola with antiforning agent, principal uses salads, woks and light frying 13.6 1.0 tablespoon 0.0 04643 Oil, industrial, canola, high olcic 14.0 1.0 tablespoon 0.0 04664 Oil, industrial, comount with antiforning agent, principal uses salads, woks and light frying 13.6 1.0 tablespoon 0.0 04661 Oil, industrial, comount, principal uses salads, woks and light frying 13.6 1.0 tablespoon 0.0 04662 Oil, industrial, cocount, confection fat, typical basis for ice crasm coatings 13.6 1.0 tablespoon 0.0 04663 Oil, industrial, cocount, confection fat, typical basis for ice crasm coatings 13.6 1.0 tablespoon 0.0 04664 Oil, industrial, cocount, confection fat, typical basis for ice crasm coatings 13.6 1.0 tablespoon 0.0 04662 Oil, industrial, path memel dystrogenated 0.0 0.0 04663 Oil, industrial, path kernel (hydrogenated) coatings, oil spays, rossting nuts 13.6 1.0 tablespoon 0.0 04665 Oil, industrial, path kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter 13.6 1.0 tablespoon 0.0 04665 Oil, industrial, path kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter 13.6 1.0 tablespoon 0.0 04665 Oil, industrial, path kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter 13.6 1.0 tablespoon 0.0 04665 Oil, industrial	42289	Oil, corn and canola	14.0	1.0 tbsp	0.0
04502 Oil, cupu assu 13.6 1.0 tablespoon 0.0 04541 Oil, cupu assu 13.6 1.0 tablespoon 0.0 42231 Oil, flassced, cold pressed 13.6 1.0 tablespoon 0.0 04517 Oil, grapeseed 13.6 1.0 tablespoon 0.0 04522 Oil, hazelant 13.6 1.0 tablespoon 0.0 04645 Oil, industrial, canola (partially hydrogenated) oil for deep fat frying 13.6 1.0 tablespoon 0.0 04643 Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying 13.6 1.0 tablespoon 0.0 04643 Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying 13.6 1.0 tablespoon 0.0 04640 Oil, industrial, canola, high oleic 14.0 1.0 tablespoon 0.0 04651 Oil, industrial, canola high oleic 14.0 1.0 tablespoon 0.0 04666 Oil, industrial, coronit, confection fat, typical basis for ice cream coatings 13.6 1.0 tablespoon 0.0 04667 Oil, industrial, palm kerned </td <td>04518</td> <td>Oil, corn, industrial and retail, all purpose salad or cooking</td> <td>13.6</td> <td>1.0 tbsp</td> <td>0.0</td>	04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	0.0
04541 Oil, cupu assu 13.6 1.0 tablespoon 42231 Oil, Plasseed, orld pressed 13.6 1.0 thep 0.0 04517 Oil, grapeseed 13.6 1.0 tablespoon 0.0 04522 Oil, Industrial, canola (partially hydrogenated) oil or deep fat frying 13.6 1.0 tablespoon 0.0 04645 Oil, Industrial, canola (partially hydrogenated) oil or deep fat frying 13.6 1.0 tablespoon 0.0 04644 Oil, Industrial, canola (partially hydrogenated) sees salads, woks and light frying 13.6 1.0 tablespoon 0.0 04645 Oil, Industrial, canola, high olcic 14.0 1.0 tablespoon 0.0 0463 Oil, Industrial, canola, high olcic 14.0 1.0 tablespoon 0.0 04698 Oil, Industrial, coconut, Unefection fat, typical basis for ice cream coatings 13.6 1.0 tablespoon 0.0 04699 Oil, Industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts 13.6 1.0 tablespoon 0.0 04702 Oil, Industrial, pall una plank kernel, fliling fat (non-hydrogenated) 13.6 1.0 tablespoon 0.0 <tr< td=""><td>44005</td><td>Oil, corn, peanut, and olive</td><td>14.0</td><td>1.0 tablespoon</td><td>0.0</td></tr<>	44005	Oil, corn, peanut, and olive	14.0	1.0 tablespoon	0.0
42231 Oil, Baseed, cold pressed 13.6 1.0 tablespoon 0.0 04517 Oil, parcheut 13.6 1.0 tablespoon 0.0 04523 Oil, hazchut 13.6 1.0 tablespoon 0.0 04645 Oil, industrial, canola pertially hydrogenated) oil for deep fat frying 13.6 1.0 tablespoon 0.0 04644 Oil, industrial, canola with autifoaming agent, principal uses salads, woks and light frying 13.6 1.0 tablespoon 0.0 04648 Oil, industrial, canola, high oleic 41.0 1.0 tablespoon 0.0 04669 Oil, industrial, caccount (hydrogenated), used for whitpped toppings and coffee whiteners 13.6 1.0 tablespoon 0.0 04659 Oil, industrial, caccount, cythicpla basis for icc cream coatings 13.6 1.0 tablespoon 0.0 04650 Oil, industrial, control, industrial, control, industrial, control, industrial, control, industrial, control, industrial, individual, individual, individual, individual, individual, individual, individual, path kernel (hydrogenated), used for whipped toppings, non-dairy 13.6 1.0 tablespoon 0.0 0466	04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	0.0
04517 Oil, grapeseed 13.6 1.0 tablespoon 0.0 04532 Oil, hazelaut 13.6 1.0 tablespoon 0.0 04645 Oil, industrial, canola (partially hydrogenated) oil for deep fat frying 13.6 1.0 tablespoon 0.0 04644 Oil, industrial, canola for salads, woks and light frying 13.6 1.0 tablespoon 0.0 04643 Oil, industrial, canola, high oleic 14.0 1.0 tablespoon 0.0 04664 Oil, industrial, canola, high oleic 14.0 1.0 tablespoon 0.0 04661 Oil, industrial, coconut, confection fat, typical basis for ice cream coatings 13.6 1.0 tbsp 0.0 04664 Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts 13.6 1.0 tbsp 0.0 04664 Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts 13.6 1.0 tablespoon 0.0 04702 Oil, industrial, palm and palm kerned (hydrogenated) 13.6 1.0 tablespoon 0.0 04662 Oil, industrial, palm kernel (hydrogenated), used for whipped toppings, non-dairy 13.6 1.0 tbsp	04541	Oil, cupu assu	13.6	1.0 tablespoon	0.0
04532 Oil, hazelmt 13.6 1.0 tablespoon 0.0 04645 Oil, industrial, canola (partially hydrogenated) oil for deep fat frying 13.6 1.0 tablespoon 0.0 04644 Oil, industrial, canola for salads, woks and light frying 13.6 1.0 tablespoon 0.0 04643 Oil, industrial, canola, high oleic 14.0 1.0 tablespoon 0.0 04698 Oil, industrial, caconut, (hydrogenated), used for whipped toppings and coffee whiteners 13.6 1.0 tablespoon 0.0 04698 Oil, industrial, cacount, confection fat, typical basis for ice cream coatings 13.6 1.0 tbsp 0.0 04690 Oil, industrial, corton, confection fat, typical basis for ice cream coatings 13.6 1.0 tbsp 0.0 04691 Oil, industrial, corton, confection fat, typical basis for ice cream coatings 13.6 1.0 tbsp 0.0 04604 Oil, industrial, corton, confection fat, typical basis for ice cream coatings 13.6 1.0 tbsp 0.0 04622 Oil, industrial, corton, confection fat, typical basis for ice cream coatings 13.6 1.0 tbsp 0.0 04632 Oil, industrial, palm kernel (42231	Oil, flaxseed, cold pressed	13.6	1.0 tbsp	0.0
04645 Oil, industrial, canola (partially hydrogenated) oil for deep fat frying 13.6 1.0 tablespoon 0.0 04644 Oil, industrial, canola (partially hydrogenated), own and light frying 13.6 1.0 tablespoon 0.0 04643 Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying 13.6 1.0 tablespoon 0.0 04698 Oil, industrial, canola, high oleic 14.0 1.0 tablespoon 0.0 04699 Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners 13.6 1.0 tablespoon 0.0 04659 Oil, industrial, coconut, confection fat, typical basis for ice cream coatings 13.6 1.0 tablespoon 0.0 04669 Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts 13.6 1.0 tablespoon 0.0 04702 Oil, industrial, palm kernel, thydrogenated 13.6 1.0 tablespoon 0.0 04642 Oil, industrial, palm kernel (hydrogenated), used for whipped toppings, non-dairy 13.6 1.0 tbsp 0.0 04662 Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to be degree hard butter 13.6 1.0 tbsp	04517	Oil, grapeseed	13.6	1.0 tablespoon	0.0
04644 Oil, industrial, canola for salads, woks and light frying 13.6 1.0 tablespoon 0.0 04643 Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying 13.6 1.0 tablespoon 0.0 04698 Oil, industrial, canola, high olicie 14.0 1.0 tablespoon 0.0 04661 Oil, industrial, coconut, confection fat, typical basis for ice cream coatings 13.6 1.0 tbsp 0.0 04646 Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts 13.6 1.0 tbsp 0.0 04702 Oil, industrial, cotonusced, fully hydrogenated 13.6 1.0 tablespoon 0.0 04642 Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated) 13.6 1.0 tablespoon 0.0 04662 Oil, industrial, palm kernel (hydrogenated), used for whipped toppings, non-dairy 13.6 1.0 tbsp 0.0 04658 Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter 13.6 1.0 tbsp 0.0 04657 Oil, industrial, palm kernel (hydrogenated), filling fat 13.6 1.0 tbsp 0.0 04657 </td <td>04532</td> <td>Oil, hazelnut</td> <td>13.6</td> <td>1.0 tablespoon</td> <td>0.0</td>	04532	Oil, hazelnut	13.6	1.0 tablespoon	0.0
04643 Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying 13.6 1.0 tablespoon 0.0 04698 Oil, industrial, canola, high oleic 14.0 1.0 tablespoon 0.0 04661 Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners 13.6 1.0 tbsp 0.0 04659 Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts 13.6 1.0 tbsp 0.0 04646 Oil, industrial, cottonseed, fully hydrogenated 13.6 1.0 tablespoon 0.0 04642 Oil, industrial, oil-oleic, sunflower 13.6 1.0 tablespoon 0.0 04662 Oil, industrial, palm kernel (hydrogenated), used for whipped toppings, non-dairy 13.6 1.0 tbsp 0.0 04663 Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product 13.6 1.0 tbsp 0.0 04658 Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter 13.6 1.0 tbsp 0.0 04657 Oil, industrial, palm kernel (hydrogenated), filling fat 13.6 1.0 tbsp 0.0 04652 </td <td>04645</td> <td>Oil, industrial, canola (partially hydrogenated) oil for deep fat frying</td> <td>13.6</td> <td>1.0 tablespoon</td> <td>0.0</td>	04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	13.6	1.0 tablespoon	0.0
04698 Oil, industrial, canola, high oleic 14.0 1.0 tablespoon 0.0 04661 Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners 13.6 1.0 tbsp 0.0 04659 Oil, industrial, coconut, confection fat, typical basis for ice cream coatings 13.6 1.0 tbsp 0.0 04646 Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts 13.6 1.0 tablespoon 0.0 04702 Oil, industrial, cottonseed, fully hydrogenated 13.6 1.0 tablespoon 0.0 04642 Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated) 13.6 1.0 tablespoon 0.0 04662 Oil, industrial, palm kernel (hydrogenated), used for whipped toppings, non-dairy 13.6 1.0 tbsp 0.0 04658 Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product 13.6 1.0 tbsp 0.0 04657 Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter 13.6 1.0 tbsp 0.0 04658 Oil, industrial, palm kernel, (hydrogenated), filling fat 13.6 1.0 tbsp 0.0	04644	Oil, industrial, canola for salads, woks and light frying	13.6	1.0 tablespoon	0.0
04661 Oil, industrial, coconut (hydrogenated), used for whitped toppings and coffee whiteners 13.6 1.0 tbsp 0.0 04659 Oil, industrial, coconut, confection fat, typical basis for ice cream coatings 13.6 1.0 tbsp 0.0 04646 Oil, industrial, coctonseed, fully hydrogenated 13.6 1.0 tbsp 0.0 04702 Oil, industrial, cottonseed, fully hydrogenated 13.6 1.0 tbsp poor 0.0 04642 Oil, industrial, mid-olcic, sunflower 13.6 1.0 tbsp poor 0.0 04662 Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated) 13.6 1.0 tbsp 0.0 04668 Oil, industrial, palm kernel (hydrogenated), used for whipped toppings, non-dairy 13.6 1.0 tbsp 0.0 04658 Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter 13.6 1.0 tbsp 0.0 04657 Oil, industrial, palm kernel (hydrogenated), filling fat 13.6 1.0 tbsp 0.0 04656 Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter 13.6 1.0 tbsp 0.0 04651 Oil, industri	04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	13.6	1.0 tablespoon	0.0
04659 Oil, industrial, coconut, confection fat, typical basis for ice cream coatings 13.6 1.0 tbsp 0.0 04646 Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts 13.6 1.0 tablespoon 0.0 04702 Oil, industrial, cottonseed, fully hydrogenated 13.6 1.0 tablespoon 0.0 04642 Oil, industrial, mid-oleic, sunflower 13.6 1.0 tbsp 0.0 04662 Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated) 13.6 1.0 tbsp 0.0 04660 Oil, industrial, palm kernel (hydrogenated), used for whipped toppings, non-dairy 13.6 1.0 tbsp 0.0 04658 Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product 13.6 1.0 tbsp 0.0 04657 Oil, industrial, palm kernel (hydrogenated), filling fat 13.6 1.0 tbsp 0.0 04658 Oil, industrial, palm kernel (hydrogenated), filling fat 13.6 1.0 tbsp 0.0 04657 Oil, industrial, palm kernel (hydrogenated), filling fat 13.6 1.0 tbsp 0.0 04658 Oil, industrial, soy (partially hydrogenated), fi	04698	Oil, industrial, canola, high oleic	14.0	1.0 tablespoon	0.0
04646 Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts 13.6 1.0 tbsp 0.0 04702 Oil, industrial, cottonseed, fully hydrogenated 13.6 1.0 tablespoon 0.0 04642 Oil, industrial, mid-oleic, sunflower 13.6 1.0 tablespoon 0.0 04662 Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated) 13.6 1.0 tbsp 0.0 04660 Oil, industrial, palm kernel (hydrogenated), used for whipped toppings, non-dairy 13.6 1.0 tbsp 0.0 04658 Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product 13.6 1.0 tbsp 0.0 04657 Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter 13.6 1.0 tbsp 0.0 04663 Oil, industrial, palm kernel (hydrogenated), filling fat 13.6 1.0 tbsp 0.0 04654 Oil, industrial, palm kernel, correction fat, uses similar to high quality cocoa butter 13.6 1.0 tbsp 0.0 04655 Oil, industrial, palm kernel, correction fat, uses similar to high quality cocoa butter 13.6 1.0 tbsp 0.0	04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	0.0
04702 Oil, industrial, cottonseed, fully hydrogenated 13.6 1.0 tablespoon 0.0 04642 Oil, industrial, mid-oleic, sunflower 13.6 1.0 tablespoon 0.0 04662 Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated) 13.6 1.0 tbsp 0.0 04660 Oil, industrial, palm kernel (hydrogenated), used for whipped toppings, non-dairy 13.6 1.0 tbsp 0.0 04658 Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter 13.6 1.0 tbsp 0.0 04663 Oil, industrial, palm kernel (hydrogenated), filling fat 13.6 1.0 tbsp 0.0 04665 Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter 13.6 1.0 tbsp 0.0 04652 Oil, industrial, soy (partially hydrogenated), all purpose 13.6 1.0 tbsp 0.0 04653 Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry 13.6 1.0 tbsp 0.0 04654 Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings 13.6 1.0 tbsp 0.0 04654	04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	0.0
04642 Oil, industrial, mid-oleic, sunflower 13.6 1.0 tablespoon 0.0 04662 Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated) 13.6 1.0 tbsp 0.0 04660 Oil, industrial, palm kernel (hydrogenated), used for whipped toppings, non-dairy 13.6 1.0 tbsp 0.0 04658 Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter 13.6 1.0 tbsp 0.0 04657 Oil, industrial, palm kernel (hydrogenated), filling fat 13.6 1.0 tbsp 0.0 04663 Oil, industrial, palm kernel (hydrogenated), filling fat 13.6 1.0 tbsp 0.0 04656 Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter 13.6 1.0 tbsp 0.0 04652 Oil, industrial, soy (partially hydrogenated), all purpose 13.6 1.0 tbsp 0.0 04653 Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry 13.6 1.0 tbsp 0.0 04654 Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening 13.6 1.0 tbsp 0.0 <td< td=""><td>04646</td><td>Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts</td><td>13.6</td><td>1.0 tbsp</td><td>0.0</td></td<>	04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	0.0
Oil, industrial, palm kernel (hydrogenated), used for whipped toppings, non-dairy Oil, industrial, palm kernel (hydrogenated), used for whipped toppings, non-dairy Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter Oil, industrial, palm kernel (hydrogenated), filling fat Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter Oil, industrial, soy (partially hydrogenated), all purpose Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry Oil, industrial, soy (partially hydrogenated) and cottonseed, principal uses as a tortilla shortening Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor Oil, industrial, soy (partially hydrogenated), principal uses popcom and flavoring vegetables Oil, industrial, soy, fully hydrogenated	04702	Oil, industrial, cottonseed, fully hydrogenated	13.6	1.0 tablespoon	0.0
Oil, industrial, palm kernel (hydrogenated), used for whipped toppings, non-dairy 13.6 Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product 13.6 Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter 13.6 Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter 13.6 Oil, industrial, palm kernel (hydrogenated), filling fat 13.6 Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter 13.6 Oil, industrial, soy (partially hydrogenated), all purpose 13.6 Oil, industrial, soy (partially hydrogenated), all purpose 13.6 Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry 13.6 Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings 13.6 Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables Oil, industrial, soy, fully hydrogenated	04642	Oil, industrial, mid-oleic, sunflower	13.6	1.0 tablespoon	0.0
Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product 13.6 1.0 tbsp 0.0 04657 Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter 13.6 1.0 tbsp 0.0 04663 Oil, industrial, palm kernel (hydrogenated), filling fat 13.6 1.0 tbsp 0.0 04656 Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter 13.6 1.0 tbsp 0.0 04652 Oil, industrial, soy (partially hydrogenated), all purpose 13.6 1.0 tbsp 0.0 04653 Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry 13.6 1.0 tbsp 0.0 04664 Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings 13.6 1.0 tbsp 0.0 04654 Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening 13.6 1.0 tbsp 0.0 04651 Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor 13.6 1.0 tbsp 0.0 04648 Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables 13.6 1.0 tbsp 0.0 04648 Oil, industrial, soy, fully hydrogenated of the properties of 13.6 1.0 tbsp 0.0 04648 Oil, industrial, soy, fully hydrogenated of the properties of 13.6 1.0 tbsp 0.0 04648 Oil, industrial, soy, fully hydrogenated of the properties of 13.6 1.0 tbsp 0.0 04668 Oil, industrial, soy, fully hydrogenated of the properties 0.0 04661 Oil, industrial, soy, fully hydrogenated of the properties 0.0 04661 Oil, industrial, soy, fully hydrogenated of the properties 0.0 04661 Oil, industrial, soy, fully hydrogenated 0.0 04661 Oil, industrial, soy, fully hydroge	04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	0.0
Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter 13.6 Oil, industrial, palm kernel (hydrogenated), filling fat 13.6 Oil, industrial, palm kernel (hydrogenated), filling fat 13.6 Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter 13.6 Oil, industrial, soy (partially hydrogenated), all purpose 13.6 Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry 13.6 Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings 13.6 Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables Oil, industrial, soy, fully hydrogenated	04660	Oil, industrial, palm kernel (hydrogenated), used for whipped toppings, non-dairy	13.6	1.0 tbsp	0.0
Oil, industrial, palm kernel (hydrogenated), filling fat 13.6 1.0 tbsp 0.0 04656 Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter 13.6 1.0 tbsp 0.0 04652 Oil, industrial, soy (partially hydrogenated), all purpose 13.6 1.0 tbsp 0.0 04653 Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry 13.6 1.0 tbsp 0.0 04664 Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings 13.6 1.0 tbsp 0.0 04654 Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening 13.6 1.0 tbsp 0.0 04651 Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor 13.6 1.0 tbsp 0.0 04648 Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables 13.6 1.0 tbsp 0.0 04701 Oil, industrial, soy, fully hydrogenated 13.6 1.0 tbsp 0.0	04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	0.0
O4656 Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter Oil, industrial, soy (partially hydrogenated), all purpose Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables Oil, industrial, soy, fully hydrogenated	04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	0.0
Oil, industrial, soy (partially hydrogenated), all purpose 13.6 1.0 tbsp 0.0 04653 Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry 13.6 1.0 tbsp 0.0 04664 Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings 13.6 1.0 tbsp 0.0 04654 Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening 13.6 1.0 tbsp 0.0 04651 Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor 13.6 1.0 tbsp 0.0 04648 Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables 13.6 1.0 tbsp 0.0 04701 Oil, industrial, soy, fully hydrogenated 13.6 1.0 tbsp 0.0	04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	0.0
Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables Oil, industrial, soy, fully hydrogenated	04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	0.0
O4664 Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings 13.6 1.0 tbsp 0.0 O4654 Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening 13.6 1.0 tbsp 0.0 O4651 Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor 13.6 1.0 tbsp 0.0 O4648 Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables 13.6 1.0 tbsp 0.0 O4701 Oil, industrial, soy, fully hydrogenated 13.6 1.0 tbsp 0.0	04652	Oil, industrial, soy (partially hydrogenated), all purpose	13.6	1.0 tbsp	0.0
Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables Oil, industrial, soy, fully hydrogenated Oil, industrial, soy, fully hydrogenated 13.6 1.0 tbsp 0.0 04701 Oil, industrial, soy, fully hydrogenated 13.6 1.0 tbsp 0.0	04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	0.0
Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor 13.6 Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables 13.6 1.0 tbsp 0.0 04701 Oil, industrial, soy, fully hydrogenated 13.6 1.0 tbsp 0.0 1.0 tbsp 0.0	04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	13.6	1.0 tbsp	0.0
O4648 Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables 13.6 1.0 tbsp 0.0 Oil, industrial, soy, fully hydrogenated 13.6 1.0 tablespoon 0.0	04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	0.0
04701 Oil, industrial, soy, fully hydrogenated 13.6 1.0 tablespoon 0.0	04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	0.0
	04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	0.0
Oil, industrial, soy, low linolenic 14.0 1.0 tablespoon 0.0	04701	Oil, industrial, soy, fully hydrogenated	13.6	1.0 tablespoon	0.0
	04699	Oil, industrial, soy, low linolenic	14.0	1.0 tablespoon	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	0.0
04700	Oil, industrial, soy, ultra low linolenic	13.6	1.0 tablespoon	0.0
04583	Oil, mustard	14.0	1.0 tbsp	0.0
04572	Oil, nutmeg butter	13.6	1.0 tbsp	0.0
04588	Oil, oat	13.6	1.0 tbsp	0.0
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0.0
04055	Oil, palm	13.6	1.0 tbsp	0.0
04679	Oil, PAM cooking spray, original	0.3	1.0 spray , about 1/3 second (1 NLEA serving)	0.0
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	0.0
04514	Oil, poppyseed	13.6	1.0 tablespoon	0.0
04037	Oil, rice bran	13.6	1.0 tablespoon	0.0
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	0.0
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0.0
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0.0
04536	Oil, sheanut	13.6	1.0 tablespoon	0.0
04531	Oil, soybean lecithin	13.6	1.0 tablespoon	0.0
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	0.0
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	0.0
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0.0
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	0.0
04060	Oil, sunflower, linoleic (less than 60%)	13.6	1.0 tbsp	0.0
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	0.0
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	0.0
04516	Oil, teaseed	13.6	1.0 tablespoon	0.0
04515	Oil, tomatoseed	13.6	1.0 tablespoon	0.0
04573	Oil, ucuhuba butter	13.6	1.0 tbsp	0.0
04678	Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)	14.0	1.0 tbsp	0.0
04528	Oil, walnut	13.6	1.0 tbsp	0.0
04038	Oil, wheat germ	4.5	1.0 tsp	0.0
16130	Okara	122.0	1.0 cup	0.0
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	13.0
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	13.0
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	8.8
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	8.8
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	11.8

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11278	Okra, raw	100.0	1.0 cup	23.0
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	3.0
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	3.2
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	5.7
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.0
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	0.0
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0.2
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.1
36044	ON THE BORDER, Mexican rice	114.0	1.0 cup	0.3
36045	ON THE BORDER, refried beans	135.0	1.0 cup	0.0
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0.8
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	3.9
11285	Onions, canned, solids and liquids	63.0	1.0 onion	2.7
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	10.9
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	10.9
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	3.8
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0.4
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.4
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	3.1
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	10.7
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	10.7
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	7.6
11282	Onions, raw	160.0	1.0 cup, chopped	11.8
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	18.8
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	7.1
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	1.6
11292	Onions, young green, tops only	6.0	1.0 tbsp	0.8
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	74.9
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	83.7
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	83.7
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	83.7
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	83.7
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	90.1
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	249.0	1.0 cup	90.1
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	379.4

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	379.4
09206	Orange juice, raw	248.0	1.0 cup	124.0
09216	Orange peel, raw	6.0	1.0 tbsp	8.2
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	100.1
09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	71.9
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	95.8
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	87.3
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	83.2
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	97.5
09205	Oranges, raw, with peel	170.0	1.0 cup	120.7
07201	OSCAR MAYER, Bologna (beef)	28.0	1.0 serving (1 slice)	0.0
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	85.0	3.0 oz	7.6
07209	OSCAR MAYER, Chicken Breast (honey glazed)	52.0	1.0 serving (4 slices)	0.0
07212	OSCAR MAYER, Ham (chopped with natural juice)	28.0	1.0 serving (1 slice)	0.0
07230	OSCAR MAYER, Salami (hard)	27.0	1.0 serving 3 slices	0.0
07236	OSCAR MAYER, Smokies Sausage Little Cheese (pork, turkey)	9.0	1.0 link	0.0
07241	OSCAR MAYER, Wieners (beef franks)	45.0	1.0 serving	0.0
05643	Ostrich, fan, raw	85.0	1.0 serving (cooked from 4oz raw)	0.0
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	0.0
05641	Ostrich, ground, raw	109.0	1.0 patty	0.0
05645	Ostrich, inside leg, cooked	85.0	1.0 serving (3 oz)	0.0
05644	Ostrich, inside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.0
05647	Ostrich, inside strip, cooked	85.0	1.0 serving (3 oz)	0.0
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.0
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.0
05650	Ostrich, outside strip, cooked	85.0	1.0 serving (3 oz)	0.0
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.0
05652	Ostrich, oyster, cooked	85.0	1.0 serving (3 oz)	0.0
05651	Ostrich, oyster, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.0
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.0
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.0
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving (3 oz)	0.0
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.0
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	0.0
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	0.0
06235	P REGO Pasta, Roasted Garlic and Herb Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.3
06597	PACE, Chipotle Chunky Salsa	32.0	1.0 serving	0.0
06598	PACE, Cilantro Chunky Salsa	32.0	1.0 serving	0.0
31015	PACE, Diced Green Chilies	30.0	2.0 tbsp	3.6
02073	PACE, Dry Taco Seasoning Mix	5.3	2.0 tbsp (1 serving)	2.4
06599	PACE, Enchilada Sauce	60.0	0.25 cup	1.2
31014	PACE, Jalapenos Nacho Sliced Peppers	30.0	1.0 oz	3.6
06601	PACE, Lime & Chunky Salsa	32.0	1.0 serving	1.8
27027	PACE, Pico De Gallo	32.0	1.0 serving	1.2
06604	PACE, Red Taco Sauce	16.0	1.0 tbsp	0.0
16203	PACE, Salsa Refried Beans	120.0	0.5 cup	0.0
27028	PACE, Salsa Verde	32.0	1.0 serving	1.2
16204	PACE, Spicy Jalapeno Refried Beans	120.0	0.5 cup	0.0
27029	PACE, Tequila Lime Salsa	32.0	1.0 serving	2.4
16202	PACE, Traditional Refried Beans	120.0	0.5 cup	0.0
27030	PACE, Triple Pepper Salsa	32.0	1.0 serving	2.4
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	0.1
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	0.6
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	0.0
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	0.1
28347	Pancakes, gluten-free, frozen, ready-to-heat	48.0	1.0 pancake	0.1
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	0.1
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	0.0
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	0.2
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	41.0	0.33 cup 1 serving	0.0
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	0.1
28305	Pancakes, plain, reduced fat	105.0	1.0 serving 3 pancakes	0.0
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	0.0
28324	Pancakes, whole wheat, dry mix, incomplete	38.0	0.25 cup mix 1 serving	0.0
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	0.0
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	0.1
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	0.0
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	0.0
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	0.0
09229	Papaya nectar, canned	250.0	1.0 cup	7.5
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	1.4
09226	Papayas, raw	145.0	1.0 cup 1" pieces	88.3
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	0.0
11625	Parsley, freeze-dried	0.4	1.0 tbsp	0.6
11297	Parsley, fresh	60.0	1.0 cup chopped	79.8
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	10.1
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	10.1
11298	Parsnips, raw	133.0	1.0 cup slices	22.6
09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	73.6
09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	45.0
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	70.8
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	3.2
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	2.8
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	1.3
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	252.0	1.0 serving (1 cup)	9.6
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	0.0
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	0.0
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	0.0
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	0.0
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	0.0
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	0.0
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	0.0
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	0.0
20094	Pasta, fresh-refrigerated, plain, cooked	128.0	2.0 oz	0.0
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	0.0
20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	0.0
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	0.0
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	0.0
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	0.0
20092	Pasta, gluten-free, corn, cooked	140.0	1.0 cup	0.0
20091	Pasta, gluten-free, corn, dry	105.0	1.0 cup	0.0
20656	Pasta, gluten-free, rice flour and rice bran extract, cooked, DE BOLES	121.0	1.0 cup spaghetti	0.0
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	0.0

09238 Peaches, canned, juice pack, solids and liquids 250.0 1.0 cup, halves or slices 6.0 09240 Peaches, canned, light syrup pack, solids and liquids 251.0 1.0 cup, halves or slices 6.0 09237 Peaches, canned, water pack, solids and liquids 244.0 1.0 cup, halves or slices 7.1 09245 Peaches, dehydrated (low-moisture), sulfured, stewed 242.0 1.0 cup 10.5 09244 Peaches, dehydrated (low-moisture), sulfured, uncooked 116.0 1.0 cup 12.3 09248 Peaches, dried, sulfured, stewed, with added sugar 270.0 1.0 cup 9.2 09247 Peaches, dried, sulfured, uncooked 160.0 1.0 cup, halves 7.7 09246 Peaches, dried, sulfured, uncooked 160.0 1.0 cup, halves 7.7 09250 Peaches, frozen, sliced, sweetened 250.0 1.0 cup, halves 7.7 09251 Peaches, spiced, canned, heavy syrup pack, solids and liquids 242.0 1.0 cup, halves 12.8 09236 Peaches, yellow, raw 154.0 1.0 cup, halves 10.2 16097 <	NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
07925 Patrami, beef, 98% fair-free 57.0 10 serving 6 slice 4.6 07022 Patrami, turkey 57.0 2.0 slice 4.6 5222 Pace de foig gars, camed (goose liver pate), smoked 13.0 1.0 tubes 6.0 07032 Pate, chicken liver, camed 13.0 1.0 tubes 1.3 07045 Pate, chicken liver, camed 13.0 1.0 tubes 0.0 07055 Pate, chicken liver, camed 13.0 1.0 tubes 0.0 07054 Pate, turthe lavor 15.0 1.0 tubes 1.0 4.0 08407 Penchest, camed, with added ascorbic acid 240 1.0 tubes 3.1 4.0 09410 Peaches, camed, extra levery syrup pack, solids and liquids 262.0 1.0 tubes pairs 3.1 09420 Peaches, camed, theory syrup, pack, solids and liquids 262.0 1.0 tubes pairs 3.1 09410 Peaches, camed, theory syrup, drained 252.0 1.0 tubes pairs 3.1 09420 Peaches, camed, theory syrup, drained 252.0 1.0 tubes pairs 3.1	20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	0.0
07052 Partami, turkny 57.0 2.0 stices 4.6 05282 2 turk de foig gas, camed (goos liver pate), smoked 13.0 1.10 tops 0.33 07053 Pare, chickan liver, camed 13.0 1.0 tops 1.0 tops 07054 Pare, gooss liver, smoked, camed 13.0 1.0 tops 0.0 tops 07055 Pare, liver, not specified, camed 13.0 1.0 tops 0.0 tops 07056 Pare, liver, not specified, camed 15.0 1.0 tops 0.0 tops 1.0 tops 0.0 tops 07057 Pach incetar, camed, with added ascorbic acid 20.0 1.0 top 1.5 top 3.3 09250 Peach nectar, camed, with added ascorbic acid 20.0 1.0 top 1.5 top 3.3 09241 Peachs, camed, beavity symp, solids and liquids 20.0 1.0 top, labres roles acids 3.1 09241 Peaches, camed, heavy symp pack, solids and liquids 20.0 1.0 top, labres or sice 4.0 09240 Peaches, camed, heavy symp, during and liquids 20.1 1.0 top, labres or sice 4.0 09240 </td <td>20125</td> <td>Pasta, whole-wheat, cooked</td> <td>117.0</td> <td>1.0 cup spaghetti not packed</td> <td>0.0</td>	20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	0.0
88282 Place de fois grax, canned (gones liver panch, swoked) 13.0 1.0 totop 0.3 07053 Pate, chicken liver, canned 13.0 1.0 totop 1.3 07054 Pate, chicken liver, canned 13.0 1.0 totop 1.0 07055 Pate, twiffe flavor 13.0 1.0 totop 0.0 07042 Pate, twiffe flavor 25.0 1.0 control 1.5 07047 Peach nectur, canned, with added ascorbic acid 249.0 1.0 control 3.8 09241 Peaches, canned, extra beavy yrup pack, solids and liquids 262.0 1.0 cup, halves or slices 3.1 09240 Peaches, canned, extra beavy yrup pack, solids and liquids 262.0 1.0 cup, halves or slices 3.1 09241 Peaches, canned, beavy yrup, desirated 221.0 1.0 cup, halves or slices 3.1 09240 Peaches, canned, juice pack, solids and liquids 220.0 1.0 cup, halves or slices 3.0 09245 Peaches, canned, juir pack, solids and liquids 221.0 1.0 cup, halves or slices 3.0 09240 Peaches, canned, juir yrup pack, solids a	07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	19.7
07053 Pace, clicken liver, canacl 13.0 1.0 to the poor liver, smoked, canned 13.0 1.0 to the poor liver, smoked, canned 0.0 07054 Pace, liver, smoked, canned 13.0 1.0 to the poor liver, smoked, canned 0.0 07054 Pace, liver, canned, with added ascorbic acid 26.0 1.0 to the poor liver, canned, with added ascorbic acid 24.0 1.0 cup, halves or sice 3.2 07254 Pache, cearace, with added ascorbic acid 26.0 1.0 cup, halves or sice 3.2 07254 Paches, canned, extra light yrays pack, solids and liquids 26.0 1.0 cup, halves or sice 7.4 07240 Paches, canned, heavy syrup pack, solids and liquids 26.0 1.0 cup, halves or sice 7.4 07241 Paches, canned, heavy syrup pack, solids and liquids 26.0 1.0 cup, halves or sice 7.4 07242 Paches, canned, heavy syrup pack, solids and liquids 26.0 1.0 cup, halves or sice 7.0 07243 Paches, canned, heavy syrup pack, solids and liquids 25.0 1.0 cup, halves or sice 7.0 07244 Paches, canned, heavy syrup pack, solids and liquids 25.0 1.0 cup	07052	Pastrami, turkey	57.0	2.0 slices	4.6
07054 Pate, Jover, not specified, canned 13.0 1.0 totsp 0.0 07055 Pate, Jiver, not specified, canned 13.0 1.0 serving 2 or 1.1 07047 Pace, nurther flavor 26.0 1.0 serving 2 or 1.1 09477 Peach nectar, canned, with added ascorbic acid 24.90 1.0 cup, halves or slices 3.2 09242 Peaches, canned, extra lacty syrup pack, solids and liquids 262.0 1.0 cup, halves or slices 3.1 09249 Peaches, canned, extra lacty syrup pack, solids and liquids 262.0 1.0 cup, halves or slices 7.4 09241 Peaches, canned, beary syrup pack, solids and liquids 262.0 1.0 cup, halves or slices 7.4 09240 Peaches, canned, beary syrup, drained 262.0 1.0 cup 9.0 09280 Peaches, canned, beary syrup, drained 262.0 1.0 cup, halves or slices 7.4 09281 Peaches, canned, beary syrup, drained 262.0 1.0 cup, halves or slices 7.1 09282 Peaches, canned, vater pack, solids and liquids 262.0 1.0 cup, halves or slices 7.1 <t< td=""><td>05282</td><td>Pate de foie gras, canned (goose liver pate), smoked</td><td>13.0</td><td>1.0 tbsp</td><td>0.3</td></t<>	05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	0.3
07055 Pale, liver, not specified, camed 130 1.0 tops 0.3 07942 Pace, muffle flavor 560 1.1 serving 2 or 1.1 04070 Peach netur, camed, with added ascorbic acid 2490 1.0 cup 4.38 09251 Peach netur, camed, without added ascorbic acid 2600 1.0 cup, halves or slices 3.1 09242 Peaches, camed, extra light syrup, solids and liquids 262.0 1.0 cup, halves or slices 7.4 09241 Peaches, camed, theavy syrup, solids and liquids 262.0 1.0 cup, halves or slices 7.4 09241 Peaches, camed, heavy syrup, solids and liquids 262.0 1.0 cup, halves or slices 7.4 09241 Peaches, camed, heavy syrup, drained 222.0 1.0 cup 7.3 09240 Peaches, camed, light syrup pack, solids and liquids 250.0 1.0 cup, halves or slices 6.0 09240 Peaches, camed, hight syrup pack, solids and liquids 251.0 1.0 cup, halves or slices 6.0 09247 Peaches, adelydrated (low-moisture), sulfured, stewed 262.0 1.0 cup, halves or slices 7.1	07053	Pate, chicken liver, canned	13.0	1.0 tbsp	1.3
07942 Pate, furtific Brow 560 1.0 serving 20 1.1 09407 Peach nectar, camed, with added ascorbic acid 2490 1.0 cup 43.8 09251 Peach nectar, camed, with doded ascorbic acid 2620 1.0 cup, halves or sices 3.1 09242 Peaches, camed, extra light syrup, solids and liquids 2620 1.0 cup, halves or sices 3.1 09241 Peaches, camed, beavy syrup, doilid sald liquids 2620 1.0 cup, halves or sices 7.8 09241 Peaches, camed, beavy syrup, doilid sald liquids 2620 1.0 cup, halves or sices 7.8 09240 Peaches, camed, beavy syrup, doilid sald liquids 2620 1.0 cup, halves or sices 7.8 09240 Peaches, camed, juite pack, solids and liquids 250 1.0 cup, halves or sices 6.0 09240 Peaches, canned, water pack, solids and liquids 251 1.0 cup, halves or sices 6.0 09247 Peaches, dehydrated (low-moisture), sulfured, stewed 210 1.0 cup, halves or sices 7.2 09240 Peaches, dried, sulfured, stewed, with added sugar 250 1.0 cup, halves or sices <t< td=""><td>07054</td><td>Pate, goose liver, smoked, canned</td><td>13.0</td><td>1.0 tbsp</td><td>0.0</td></t<>	07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	0.0
09407 Peach nectar, canned, with added ascorbic acid 2090 1.0 cmp 43.8 09251 Peach nectar, canned, without added ascorbic acid 2490 1.0 cmp, halves or slices 3.1 09242 Peaches, canned, extra light syrup pack, solids and liquids 2610 1.0 cmp, halves or slices 3.4 09241 Peaches, canned, extra light syrup, solids and liquids 2620 1.0 cmp, halves or slices 7.4 09241 Peaches, canned, heavy syrup, drained 2620 1.0 cmp 1.6 09238 Peaches, canned, light syrup pack, solids and liquids 2620 1.0 cmp 1.6 09240 Peaches, canned, light syrup pack, solids and liquids 2510 1.0 cmp, halves or slices 6.0 09240 Peaches, canned, water pack, solids and liquids 2410 1.0 cmp, halves or slices 6.0 09241 Peaches, dehydrated (low-moisture), sulfured, stewed 2420 1.0 cmp, halves or slices 6.0 09242 Peaches, dried, sulfured, ucooked 260 1.0 cmp, halves or slices 7.2 09243 Peaches, dried, sulfured, ucooked 260 1.0 cmp, halves 2.5 <td>07055</td> <td>Pate, liver, not specified, canned</td> <td>13.0</td> <td>1.0 tbsp</td> <td>0.3</td>	07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	0.3
09251 Peach nectar, canned, without added ascorbic acid 2490 1.0 cup 13.2 09242 Peaches, canned, extra light syrup, solids and liquids 2620 1.0 cup, halves or slices 3.1 09239 Peaches, canned, textra light syrup, solids and liquids 2620 1.0 cup, halves or slices 7.4 09370 Peaches, canned, heavy syrup pack, solids and liquids 2620 1.0 cup 1.6 09238 Peaches, canned, leavy syrup, forined 2220 1.0 cup 9.0 09240 Peaches, canned, beavy syrup, forined 2500 1.0 cup, halves or slices 6.0 09238 Peaches, canned, beavy syrup, forined 2510 1.0 cup, halves or slices 6.0 09240 Peaches, canned, sever pack, solids and liquids 2510 1.0 cup, halves or slices 6.0 09237 Peaches, andre, devel pack, solids and liquids 2420 1.0 cup, halves or slices 6.0 09246 Peaches, delydrated (low-moisture), sulfured, stewed 2420 1.0 cup, halves or slices 7.7 09246 Peaches, dried, sulfured, stewed, with added sugar 250 1.0 cup, halves 7.7<	07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	1.1
09242 Peaches, canned, estra heavy syrup pack, solids and liquids 262.0 1.0 cup, halves or slices 7.4 09239 Peaches, canned, estra light syrup, solids and liquids 247.0 1.0 cup, halves or slices 7.4 09241 Peaches, canned, heavy syrup pack, solids and liquids 262.0 1.0 cup 7.3 09238 Peaches, canned, bice yack, solids and liquids 250.0 1.0 cup, halves or slices 6.0 09238 Peaches, canned, light syrup pack, solids and liquids 251.0 1.0 cup, halves or slices 6.0 09237 Peaches, canned, water pack, solids and liquids 251.0 1.0 cup, halves or slices 6.0 09234 Peaches, canned, water pack, solids and liquids 244.0 1.0 cup, halves or slices 7.1 09245 Peaches, delydrated (low-moisture), sulfured, stewed 216.0 1.0 cup, halves or slices 7.1 09246 Peaches, dired, sulfured, stewed, with added sugar 220.0 1.0 cup, halves or slices 7.2 09246 Peaches, dried, sulfured, stewed, with added sugar 250.0 1.0 cup, halves 7.2 09246 Peaches, dried, sulfured, stewed, with added su	09407	Peach nectar, canned, with added ascorbic acid	249.0	1.0 cup	43.8
09239 Peaches, canned, extra light syrup, solids and liquids 247.0 1.0 cup, halves or slices 7.4 09241 Peaches, canned, heavy syrup pack, solids and liquids 262.0 1.0 cup 7.3 09370 Peaches, canned, heavy syrup, drained 222.0 1.0 cup 1.6 09238 Peaches, canned, light syrup pack, solids and liquids 251.0 1.0 cup, halves or slices 6.0 09240 Peaches, canned, water pack, solids and liquids 244.0 1.0 cup, halves or slices 6.0 09237 Peaches, dehydrated (low-moisture), sulfured, stewed 242.0 1.0 cup, halves or slices 6.0 09244 Peaches, dehydrated (low-moisture), sulfured, usewed 242.0 1.0 cup, halves or slices 6.0 09245 Peaches, dired, sulfured, stewed, without added sugar 270.0 1.0 cup 9.2 09246 Peaches, dired, sulfured, stewed, without added sugar 280.0 1.0 cup 9.5 09247 Peaches, fired, sulfured, stewed, without added sugar 280.0 1.0 cup, halves 7.7 09248 Peaches, fired, sulfured, stewed, without added sugar 250.0 1.0 cup, ha	09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	13.2
09241 Peaches, camed, heavy syrup pack, solids and liquids 2620 1.0 cup 7.3 09370 Peaches, camed, heavy syrup, drained 2220 1.0 cup 1.6 09238 Peaches, camed, lyince pack, solids and liquids 2510 1.0 cup, halves or slice 6.0 09237 Peaches, camed, water pack, solids and liquids 244.0 1.0 cup, halves or slice 7.1 09245 Peaches, dehydrated (low-moisture), sulfured, stewed 242.0 1.0 cup, halves or slice 7.1 09246 Peaches, dehydrated (low-moisture), sulfured, stewed 242.0 1.0 cup, halves or slice 7.1 09245 Peaches, dehydrated (low-moisture), sulfured, uncooked 116.0 1.0 cup, halves or slice 7.2 09246 Peaches, dired, sulfured, stewed, with added sugar 258.0 1.0 cup 9.2 09247 Peaches, dired, sulfured, uncooked 160 1.0 cup, halves 7.7 09248 Peaches, frozen, sliced, sulfured, uncooked 250.0 1.0 cup, halves 7.2 09246 Peaches, frozen, sliced, sulfured, uncooked 250. 1.0 cup, halves 1.2	09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	3.1
09370 Peaches, canned, heavy syrup, drained 222.0 1.0 cup 1.6 09238 Peaches, canned, juice pack, solids and liquids 250.0 1.0 cup, halves or slices 6.0 09237 Peaches, canned, light syrup pack, solids and liquids 251.0 1.0 cup, halves or slices 7.1 09237 Peaches, canned, water pack, solids and liquids 244.0 1.0 cup, halves or slices 7.1 09245 Peaches, dehydrated (low-moisture), sulfured, stewed 242.0 1.0 cup, halves or slices 7.1 09246 Peaches, dehydrated (low-moisture), sulfured, uncooked 116.0 1.0 cup, halves or slices 7.2 09248 Peaches, dried, sulfured, stewed, without added sugar 258.0 1.0 cup 9.2 09249 Peaches, dried, sulfured, sulfured, stewed, without added sugar 258.0 1.0 cup, halve 9.2 09240 Peaches, friozen, sliced, swetened 250.0 1.0 cup, halve 235.5 09243 Peaches, spiced, canned, heavy syrup pack, solids and liquids 242.0 1.0 cup, halve 235.5 09246 Peaches, spiced, canned, heavy syrup pack, solids and liquids 32.0	09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	7.4
09238 Peaches, canned, juice pack, solids and liquids 250.0 1.0 cup, halves or slices 6.0 09240 Peaches, canned, light syrup pack, solids and liquids 251.0 1.0 cup, halves or slices 7.1 09237 Peaches, canned, water pack, solids and liquids 244.0 1.0 cup, halves or slices 7.1 09245 Peaches, dehydrated (low-moisture), sulfured, stewed 242.0 1.0 cup 16.5 09244 Peaches, dried, sulfured, stewed, with added sugar 270.0 1.0 cup 9.2 09247 Peaches, dried, sulfured, stewed, without added sugar 258.0 1.0 cup 9.5 09246 Peaches, fried, sulfured, uncooked 160.0 1.0 cup, halves 7.7 09250 Peaches, frozen, sliced, sweetened 250.0 1.0 cup, halves 7.7 09250 Peaches, frozen, sliced, sweetened 250.0 1.0 cup, halves 235.5 09243 Peaches, spiced, canned, heavy syrup pack, solids and liquids 242.0 1.0 cup, halves 235.5 09246 Peaches, spiced, suned, heavy syrup pack, solids and liquids 32.0 1.0 cup, halves 20.2	09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	7.3
09240 Peaches, canned, light syrup pack, solids and liquids 251.0 1.0 cup, halves or slices 6.0 09237 Peaches, canned, water pack, solids and liquids 244.0 1.0 cup, halves or slices 7.1 09245 Peaches, dehydrated (low-moisture), sulfured, stewed 242.0 1.0 cup 16.5 09244 Peaches, dried, sulfured, stewed, with added sugar 270.0 1.0 cup 9.2 09247 Peaches, dried, sulfured, stewed, without added sugar 258.0 1.0 cup 9.5 09246 Peaches, dried, sulfured, stewed, without added sugar 258.0 1.0 cup, thave 9.5 09247 Peaches, dried, sulfured, stewed, without added sugar 258.0 1.0 cup, thave 9.5 09246 Peaches, dried, sulfured, stewed, without added sugar 258.0 1.0 cup, thave 9.5 09247 Peaches, dried, sulfured, stewed, without added sugar 258.0 1.0 cup, thave 7.7 09250 Peaches, frozen, sliced, sweetened 250.0 1.0 cup, thave 255.5 09243 Peaches, spiced, canned, heavy syrup pack, solids and liquids 32.0 1.0 cup, thave 10	09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	1.6
09237 Peaches, canned, water pack, solids and liquids 244.0 1.0 cup, halves or slices 7.1 09245 Peaches, dehydrated (low-moisture), sulfured, stewed 242.0 1.0 cup 16.5 09244 Peaches, dehydrated (low-moisture), sulfured, uncooked 116.0 1.0 cup 9.2 09248 Peaches, dried, sulfured, stewed, with added sugar 270.0 1.0 cup 9.5 09247 Peaches, dried, sulfured, uncooked 160.0 1.0 cup, halves 7.7 09246 Peaches, frozen, sliced, sweetened 250.0 1.0 cup, thawe 235.5 09243 Peaches, spiced, canned, heavy syrup pack, solids and liquids 242.0 1.0 cup, thave 235.5 09243 Peaches, spiced, canned, heavy syrup pack, solids and liquids 242.0 1.0 cup, thave 235.5 09243 Peaches, spiced, canned, heavy syrup pack, solids and liquids 242.0 1.0 cup, thave 12.8 09246 Peaches, pellow, raw 32.0 2.0 thsp 0.0 16097 Peanut butter, chunk style, with salt 32.0 2.0 thsp 0.0 16398 Peanut b	09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	9.0
09245 Peaches, dehydrated (low-moisture), sulfured, stewed 242.0 1.0 cup 16.5 09244 Peaches, dehydrated (low-moisture), sulfured, uncooked 116.0 1.0 cup 12.3 09248 Peaches, dried, sulfured, stewed, with added sugar 270.0 1.0 cup 9.2 09247 Peaches, dried, sulfured, uncooked 160.0 1.0 cup, halves 7.7 09246 Peaches, frozen, sliced, sweetened 250.0 1.0 cup, thawed 235.5 09243 Peaches, spiced, canned, heavy syrup pack, solids and liquids 242.0 1.0 cup, whole 228. 09246 Peaches, spiced, canned, heavy syrup pack, solids and liquids 242.0 1.0 cup, thawed 235.5 09243 Peaches, spiced, canned, heavy syrup pack, solids and liquids 242.0 1.0 cup, whole 12.8 09246 Peaches, spiced, canned, heavy syrup pack, solids and liquids 32.0 2.0 tbsp 0.0 16097 Peanut butter, chunk style, with salt 32.0 2.0 tbsp 0.0 16397 Peanut butter, chunk style, without salt 32.0 2.0 tbsp 0.0 42291	09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	6.0
09244 Peaches, dehydrated (low-moisture), sulfured, uncooked 116.0 1.0 cup 12.3 09248 Peaches, dried, sulfured, stewed, with added sugar 270.0 1.0 cup 9.2 09247 Peaches, dried, sulfured, stewed, without added sugar 258.0 1.0 cup, halves 7.7 09246 Peaches, dried, sulfured, uncooked 160.0 1.0 cup, halves 7.7 09250 Peaches, frozen, sliced, sweetened 250.0 1.0 cup, whole 235.5 09243 Peaches, spiced, canned, heavy syrup pack, solids and liquids 242.0 1.0 cup, whole 12.8 09236 Peaches, yellow, raw 154.0 1.0 cup, whole 12.8 16097 Peanut butter, chunk style, with salt 32.0 2.0 tbsp 0.0 16397 Peanut butter, chunk style, without salt 32.0 2.0 tbsp 0.0 16156 Peanut butter, chunky, vitamin and mineral fortified 32.0 2.0 tbsp 0.0 42291 Peanut butter, smooth style, with salt 32.0 2.0 tbsp 0.0 16098 Peanut butter, smooth style, with salt 32.0 2.0 tbsp 0.0 16398 Peanut butter	09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	7.1
09248 Peaches, dried, sulfured, stewed, with added sugar 270.0 1.0 cup 9.2 09247 Peaches, dried, sulfured, stewed, without added sugar 258.0 1.0 cup, halves 7.7 09246 Peaches, dried, sulfured, uncooked 160.0 1.0 cup, halves 7.7 09250 Peaches, frozen, sliced, sweetened 250.0 1.0 cup, thawed 235.5 09243 Peaches, spiced, canned, heavy syrup pack, solids and liquids 242.0 1.0 cup, whole 12.8 09236 Peaches, yellow, raw 154.0 1.0 cup slices 10.2 16097 Peanut butter, chunk style, with salt 32.0 2.0 tbsp 0.0 16397 Peanut butter, chunky, vitamin and mineral fortified 32.0 2.0 tbsp 0.0 16156 Peanut butter, chunky, vitamin and mineral fortified 32.0 2.0 tbsp 0.0 42291 Peanut butter, smooth style, with salt 32.0 2.0 tbsp 0.0 16398 Peanut butter, smooth style, without salt 32.0 2.0 tbsp 0.0 16398 Peanut butter, smooth, reduced fat 36.0	09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	16.5
09247 Peaches, dried, sulfured, stewed, without added sugar 258.0 1.0 cup 9.5 09246 Peaches, dried, sulfured, uncooked 160.0 1.0 cup, halves 7.7 09250 Peaches, frozen, sliced, sweetened 250.0 1.0 cup, thawed 235.5 09243 Peaches, spiced, canned, heavy syrup pack, solids and liquids 242.0 1.0 cup, whole 12.8 09236 Peaches, yellow, raw 154.0 1.0 cup, whole 10.2 16097 Peanut butter, chunk style, with salt 32.0 2.0 tbsp 0.0 16397 Peanut butter, chunk style, without salt 32.0 2.0 tbsp 0.0 16156 Peanut butter, chunky, vitamin and mineral fortified 32.0 2.0 tbsp 0.0 42291 Peanut butter, reduced sodium 16.0 1.0 tbsp 0.0 16098 Peanut butter, smooth style, with salt 32.0 2.0 tbsp 0.0 16398 Peanut butter, smooth style, without salt 32.0 2.0 tbsp 0.0 16150 Peanut butter, smooth, reduced fat 36.0 2.0 tablespoon 0.0 16155 Peanut butter, smooth, vitamin and mineral fortified<	09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	12.3
09246 Peaches, dried, sulfured, uncooked 160.0 1.0 cup, halves 7.7 09250 Peaches, frozen, sliced, sweetened 250.0 1.0 cup, thawed 235.5 09243 Peaches, spiced, canned, heavy syrup pack, solids and liquids 242.0 1.0 cup, whole 12.8 09236 Peaches, yellow, raw 154.0 1.0 cup slices 10.2 16097 Peanut butter, chunk style, with salt 32.0 2.0 tbsp 0.0 16397 Peanut butter, chunk style, without salt 32.0 2.0 tbsp 0.0 16156 Peanut butter, chunky, vitamin and mineral fortified 32.0 2.0 tbsp 0.0 42291 Peanut butter, reduced sodium 16.0 1.0 tbsp 0.0 16098 Peanut butter, smooth style, with salt 32.0 2.0 tbsp 0.0 16398 Peanut butter, smooth style, without salt 32.0 2.0 tbsp 0.0 16150 Peanut butter, smooth, reduced fat 36.0 2.0 tbsp 0.0 16155 Peanut butter, smooth, vitamin and mineral fortified 32.0 2.0 tbsp 0.0	09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	9.2
09250 Peaches, frozen, sliced, sweetened 250.0 1.0 cup, thawed 235.5 09243 Peaches, spiced, canned, heavy syrup pack, solids and liquids 242.0 1.0 cup, whole 12.8 09236 Peaches, yellow, raw 154.0 1.0 cup slices 10.2 16097 Peanut butter, chunk style, with salt 32.0 2.0 tbsp 0.0 16397 Peanut butter, chunk style, without salt 32.0 2.0 tbsp 0.0 16156 Peanut butter, chunky, vitamin and mineral fortified 32.0 2.0 tbsp 0.0 42291 Peanut butter, reduced sodium 16.0 1.0 tbsp 0.0 16098 Peanut butter, smooth style, with salt 32.0 2.0 tbsp 0.0 16398 Peanut butter, smooth style, without salt 32.0 2.0 tbsp 0.0 16150 Peanut butter, smooth, reduced fat 36.0 2.0 tbsp 0.0 16155 Peanut butter, smooth, vitamin and mineral fortified 32.0 2.0 tbsp 0.0	09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	9.5
09243 Peaches, spiced, canned, heavy syrup pack, solids and liquids 242.0 1.0 cup, whole 12.8 09236 Peaches, yellow, raw 154.0 1.0 cup slices 10.2 16097 Peanut butter, chunk style, with salt 32.0 2.0 tbsp 0.0 16397 Peanut butter, chunk style, without salt 32.0 2.0 tbsp 0.0 16156 Peanut butter, chunky, vitamin and mineral fortified 32.0 2.0 tbsp 0.0 42291 Peanut butter, reduced sodium 16.0 1.0 tbsp 0.0 16098 Peanut butter, smooth style, with salt 32.0 2.0 tbsp 0.0 16398 Peanut butter, smooth, style, without salt 32.0 2.0 tbsp 0.0 16150 Peanut butter, smooth, reduced fat 36.0 2.0 tablespoon 0.0 16155 Peanut butter, smooth, vitamin and mineral fortified 32.0 2.0 tbsp 0.0	09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	7.7
09236 Peaches, yellow, raw 154.0 1.0 cup slices 10.2 16097 Peanut butter, chunk style, with salt 32.0 2.0 tbsp 0.0 16397 Peanut butter, chunk style, without salt 32.0 2.0 tbsp 0.0 16156 Peanut butter, chunky, vitamin and mineral fortified 32.0 2.0 tbsp 0.0 42291 Peanut butter, reduced sodium 16.0 1.0 tbsp 0.0 16098 Peanut butter, smooth style, with salt 32.0 2.0 tbsp 0.0 16398 Peanut butter, smooth style, without salt 32.0 2.0 tbsp 0.0 16150 Peanut butter, smooth, reduced fat 36.0 2.0 tablespoon 0.0 16155 Peanut butter, smooth, vitamin and mineral fortified 32.0 2.0 tbsp 0.0	09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	235.5
16097 Peanut butter, chunk style, with salt 32.0 2.0 tbsp 0.0 16397 Peanut butter, chunk style, without salt 32.0 2.0 tbsp 0.0 16156 Peanut butter, chunky, vitamin and mineral fortified 32.0 2.0 tbsp 0.0 42291 Peanut butter, reduced sodium 16.0 1.0 tbsp 0.0 16098 Peanut butter, smooth style, with salt 32.0 2.0 tbsp 0.0 16398 Peanut butter, smooth style, without salt 32.0 2.0 tbsp 0.0 16150 Peanut butter, smooth, reduced fat 36.0 2.0 tablespoon 0.0 16155 Peanut butter, smooth, vitamin and mineral fortified 32.0 2.0 tbsp 0.0	09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	12.8
16397 Peanut butter, chunk style, without salt 32.0 2.0 tbsp 0.0 16156 Peanut butter, chunky, vitamin and mineral fortified 32.0 2.0 tbsp 0.0 42291 Peanut butter, reduced sodium 16.0 1.0 tbsp 0.0 16098 Peanut butter, smooth style, with salt 32.0 2.0 tbsp 0.0 16398 Peanut butter, smooth style, without salt 32.0 2.0 tbsp 0.0 16150 Peanut butter, smooth, reduced fat 36.0 2.0 tablespoon 0.0 16155 Peanut butter, smooth, vitamin and mineral fortified 32.0 2.0 tbsp 0.0	09236	Peaches, yellow, raw	154.0	1.0 cup slices	10.2
16156Peanut butter, chunky, vitamin and mineral fortified32.02.0 tbsp0.042291Peanut butter, reduced sodium16.01.0 tbsp0.016098Peanut butter, smooth style, with salt32.02.0 tbsp0.016398Peanut butter, smooth style, without salt32.02.0 tbsp0.016150Peanut butter, smooth, reduced fat36.02.0 tablespoon0.016155Peanut butter, smooth, vitamin and mineral fortified32.02.0 tbsp0.0	16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	0.0
42291 Peanut butter, reduced sodium 16.0 1.0 tbsp 0.0 16098 Peanut butter, smooth style, with salt 32.0 2.0 tbsp 0.0 16398 Peanut butter, smooth style, without salt 32.0 2.0 tbsp 0.0 16150 Peanut butter, smooth, reduced fat 36.0 2.0 tablespoon 0.0 16155 Peanut butter, smooth, vitamin and mineral fortified 32.0 2.0 tbsp 0.0	16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	0.0
16098Peanut butter, smooth style, with salt32.02.0 tbsp0.016398Peanut butter, smooth style, without salt32.02.0 tbsp0.016150Peanut butter, smooth, reduced fat36.02.0 tablespoon0.016155Peanut butter, smooth, vitamin and mineral fortified32.02.0 tbsp0.0	16156	Peanut butter, chunky, vitamin and mineral fortified	32.0	2.0 tbsp	0.0
16398Peanut butter, smooth style, without salt32.02.0 tbsp0.016150Peanut butter, smooth, reduced fat36.02.0 tablespoon0.016155Peanut butter, smooth, vitamin and mineral fortified32.02.0 tbsp0.0	42291	Peanut butter, reduced sodium	16.0	1.0 tbsp	0.0
Peanut butter, smooth, reduced fat 36.0 2.0 tablespoon 0.0 16155 Peanut butter, smooth, vitamin and mineral fortified 32.0 2.0 tbsp 0.0	16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	0.0
Peanut butter, smooth, vitamin and mineral fortified 32.0 2.0 tbsp 0.0	16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	0.0
·	16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	0.0
16099 Peanut flour, defatted 60.0 1.0 cup	16155	Peanut butter, smooth, vitamin and mineral fortified	32.0	2.0 tbsp	0.0
	16099	Peanut flour, defatted	60.0	1.0 cup	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
16100	Peanut flour, low fat	60.0	1.0 cup	0.0
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	0.0
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	0.0
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	0.0
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	0.0
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	1.2
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	1.2
16087	Peanuts, all types, raw	28.35	1.0 oz	0.0
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	0.0
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	0.0
16091	Peanuts, spanish, raw	146.0	1.0 cup	0.0
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	0.0
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	0.0
16093	Peanuts, valencia, raw	146.0	1.0 cup	0.0
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	0.0
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	0.0
16095	Peanuts, virginia, raw	146.0	1.0 cup	0.0
09408	Pear nectar, canned, with added ascorbic acid	250.0	1.0 cup	67.5
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	2.8
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	4.6
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	2.9
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	4.9
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	2.9
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	2.2
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	4.0
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	1.8
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	2.4
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	10.6
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	10.2
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	12.6
09252	Pears, raw	140.0	1.0 cup, slices	6.0
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	6.2
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	3.9
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	6.2
09413	Pears, raw, red anjou	126.0	1.0 small	6.6

1816 or Pens and currons, current, row salt anistle, volids and liquids 2550 1.0 cm 1.68 11817 (Pens and currons, current, row spir pack, volids and liquids 2550 1.0 cm 6.68 11822 (Pens and currons, frozen, cooled, boiled, drianed, without salt 2780 1.0 peckage (10 oz.) yelds 22.5 11822 (Pens and currons, frozen, cooled, boiled, drianed, without salt 2780 1.0 peckage (10 oz.) yelds 22.5 11823 (Pens and currons, frozen, cooled, boiled, drianed, with salt 1800 1.0 cm 3.6 11828 (Pens and currons, frozen, crosede, brief, drianed, with salt 1800 1.0 cm 1.2 cm 11829 (Pens and currons, frozen, crosede, brief, drianed, without salt 1800 1.0 cm 1.0 cm 1.2 cm 11800 (Pens, coll-be-polded, bried, drianed, without salt 1800 1.0 cm 1.0 cm 7.6 cm 11810 (Pens, coll-be-polded, frozen, cooled, bried, drianed, without salt 1800 1.0 cm 1.0 cm 7.6 cm 11810 (Pens, coll-be-polded, frozen, cooled, bried, drianed, without salt 1800 1.0 cm 1.0 cm 3.5 cm 11810 (Pens, coll-be-polded, frozen, cooled, bried, drianed, without salt 1800 1.0 cm	NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
1817 Peas and carrots, frozen, cooked, boiled, drained, without sail 800 0.5 cm 6.5 cm 1822 Peas and carrots, frozen, cooked, boiled, drained, without sail 2786 1.0 package (10 oz) yields 22.8 1824 Peas and carrois, frozen, cooked, brilled, thained, without sail 1200 0.0 cm 0.0 cm 3.6 1818 Peas and orioins, frozen, cooked, brilled, thained, without sail 1800 0.0 cm 0.2 2.2 1826 Peas and orioins, frozen, cooked, brilled, thained, without sail 1800 0.0 cm 0.2 2.2 1836 Peas and orioins, frozen, cooked, brilled, thained, without sail 1800 0.0 cm 0.0 cm 0.0	11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	16.8
11323 Peas and currots, frozen, cooked, brilled, drained, without salt 278.0 1.0 package (10 oz) yinds 22.5 13222 Peas and currots, frozen, unprepared 70.0 0.5 cup 7.8 13342 Peas and onions, entrogen, cooked, boiled, drained, with salt 180.0 1.0 cup 2.3 14818 Peas and onions, frozen, cooked, boiled, drained, without salt 180.0 1.0 cup 2.2 1327 Peas and onions, frozen, cooked, boiled, drained, without salt 180.0 0.0 cup 2.2 1336 Peas, and onions, frozen, cooked, boiled, drained, without salt 180.0 0.0 cup 7.6 1390 Peas, edible-podded, cooked, boiled, drained, with salt 160.0 1.0 cup 7.6 1300 Peas, edible-podded, frozen, concled, boiled, drained, with salt 160.0 1.0 cup 3.5 1301 Peas, edible-podded, frozen, conked, boiled, drained, without salt 160.0 1.0 cup 3.5 1302 Peas, edible-podded, frozen, conked, boiled, drained, without salt 160.0 1.0 cup 3.5 1303 Peas, edible-podded, frozen, conked, boiled, drained, without salt 160.0	11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	16.8
1322 Pess and carrots, frozen, context, solids and liquids 7.0 0.5 cup 7.8 1324 Pess and onions, frozen, cooked, boiled, drained, with sult 1800 1.0 cup 3.6 1327 Pess and onions, frozen, cooked, boiled, drained, without salt 1800 0.5 cup 9.2 1326 Pess and onions, frozen, cooked, boiled, drained, without salt 1800 0.5 cup 9.7 1326 Pess and onions, frozen, cooked, boiled, drained, without salt 1800 0.5 cup 9.7 1320 Pess and olions, frozen, cooked, boiled, drained, without salt 1800 0.10 cup 7.6 1300 Pess, cubble-podded, fooded, drained, with salt 1800 0.10 cup 35.2 1310 Pess, cubble-podded, frozen, cooked, boiled, drained, without salt 1800 0.10 cup 31.7 1300 Pess, cubble-podded, frozen, cooked, boiled, drained solids, superpared 1750 1.0 cup 31.8 1301 Pess, green, camed, cooked, boiled, drained solids, superpared 2750 1.0 cup 32.8 1313 Pess, green, camed, cooked, boiled, drained, solids, sup and lequer type, cooked, boiled, drained solids, superpared <td>11817</td> <td>Peas and carrots, frozen, cooked, boiled, drained, with salt</td> <td>80.0</td> <td>0.5 cup</td> <td>6.5</td>	11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	6.5
1324 Peas and onions, coaned, solids and liquids 1200 1.0 cup 3.6 1818 Peas and onions, frozen, cooked, boiled, drained, with salt 1800 1.0 cup 12.4 1326 Peas and onions, frozen, cooked, boiled, drained, without salt 600 0.5 cup 9.7 1301 Peas, edible-podded, boiled, drained, without salt 1600 1.0 cup 76.6 1889 Peas, edible-podded, footer, cooked, boiled, drained, with salt 1600 1.0 cup 76.6 1880 Peas, edible-podded, footer, cooked, boiled, drained, with salt 1600 1.0 cup 35.2 1930 Peas, edible-podded, frozen, cooked, boiled, drained, without salt 1600 1.0 cup 35.2 1930 Peas, edible-podded, frozen, cooked, boiled, drained, without salt 1600 1.0 cup 35.2 1930 Peas, edible-podded, frozen, cooked, boiled, drained, without salt 1600 1.0 cup 35.2 1930 Peas, edible-podded, frozen, cooked, boiled, drained, without salt 175.0 1.0 cup 35.2 1931 Peas, green, cancel, drained, solids, frained solids, unprepared 175.0 1.0 cup	11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	22.5
1818 Peas and ontons, frozen, cooked, boiled, drained, without sait 1800 1.0 cm 1.2 11327 Peas and ontons, frozen, cooked, boiled, drained, without sait 1800 0.0 cm 9.7 11326 Peas and ontons, frozen, unprepared 690 0.0 cm 9.7 11307 Peas, edible-podded, boiled, drained, with sait 1600 1.0 cm 7.6 11809 Peas, edible-podded, frozen, cooked, boiled, drained, with sait 1600 1.0 cm 3.5 11810 Peas, edible-podded, frozen, cooked, boiled, drained, with sait 1600 1.0 cm 3.5 11802 Peas, edible-podded, frozen, cooked, boiled, drained, without sait 1600 1.0 cm 3.5 11802 Peas, edible-podded, frozen, unprepared 1440 1.0 cm 3.7 11803 Peas, edible-podded, frozen, unprepared 75 1.0 cm 7.4 11810 Peas, green, canned, on sait added, drained solids, unprepared 257.0 1.0 cm 7.2 11811 Peas, green, canned, on sait added, drained solids, unprepared 257.0 1.0 cm 0.5 cm 2.2 1181	11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	7.8
11327 Peas and onions, frozen, cooked, boiled, drained, without salt 1800 1.0 cup 1.24 1326 Peas and onions, frozen, unperpared 690 0.5 cup 9.7 1301 Peas, edible-podded, boiled, drained, without salt 1600 1.0 cup 7.66 1810 Peas, edible-podded, frozen, cooked, boiled, drained, with salt 1600 1.0 cup 35.2 1303 Peas, edible-podded, frozen, cooked, boiled, drained, without salt 1600 1.0 cup 35.2 1304 Peas, edible-podded, frozen, cooked, boiled, drained, with salt 1600 1.0 cup 35.2 1302 Peas, edible-podded, frozen, unprepared 1440 1.0 cup 35.2 1303 Peas, edible-podded, raw 98.0 1.0 cup 35.2 1304 Peas, gene, camed, drained solids, unprepared 25.0 1.0 cup 7.4 1313 Peas, green, camed, drained solids, unprepared 25.0 1.0 cup 2.2 1318 Peas, green, camed, on salt added, frained solids, unprepared 25.0 1.0 cup 2.2 1318 Peas, green, camed, essoned, solids and liq	11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	3.6
1326 Peas and onions, frozen, unprepared 69.0 0.5 cup 9.7 11301 Peas, edible-podded, boiled, drained, without salt 160.0 1.0 cup 76.6 11809 Peas, edible-podded, frozen, cooked, boiled, drained, with salt 160.0 1.0 cup 35.2 11803 Peas, edible-podded, frozen, cooked, boiled, drained, without salt 160.0 1.0 cup 35.2 11303 Peas, edible-podded, frozen, unprepared 144.0 1.0 cup 31.8 11300 Peas, edible-podded, frozen, unprepared 144.0 1.0 cup 31.8 11300 Peas, edible-podded, frozen, unprepared 175.0 1.0 cup 31.8 11301 Peas, green, canned, driende solids, friend in tap water 257.0 1.0 cup 7.4 11311 Peas, green, canned, driende solids, friend in tap water 257.0 1.0 cup 2.3 11812 Peas, green, canned, no salt added, drained solids 85.0 0.5 cup 9.7 11310 Peas, green, canned, seasoned, solids and liquids 227.0 1.0 cup 2.2 11311 Peas, green, canned, seasoned, solid	11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	12.4
1301 Peas, edible-podded, boiled, drained, without salt 1600 1.0 cup 76.6 11809 Peas, edible-podded, cooked, boiled, drained, with salt 1600 1.0 cup 76.6 11810 Peas, edible-podded, frozen, cooked, boiled, drained, with salt 1600 1.0 cup 35.2 11302 Peas, edible-podded, frozen, cuprepared 144.0 1.0 cup 35.2 11302 Peas, edible-podded, frozen, umprepared 144.0 1.0 cup, chopped 58.8 11308 Peas, edible-podded, frozen, umprepared 175.0 1.0 cup, chopped 58.8 11308 Peas, edible-podded, frozen, umprepared 175.0 1.0 cup, chopped 58.8 11308 Peas, green (includes bothy and lesuer types), canned, drained solids, unprepared 175.0 1.0 cup, chopped 58.8 11311 Peas, green, canned, and alked, solids and liquids 257.0 1.0 cup 22.2 11310 Peas, green, canned, seasoned, solids and liquids 124.0 0.5 cup 22.7 11310 Peas, green, cooked, boiled, drained, with salt 160.0 1.0 cup 22.7 11314	11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	12.4
11809 Peas, edible-podded, cooked, boiled, drained, with salt 1600 1.0 cup 76.6 11810 Peas, edible-podded, frozen, cooked, boiled, drained, with salt 1600 1.0 cup 35.2 11303 Peas, edible-podded, frozen, cooked, boiled, drained, without salt 1600 1.0 cup 35.2 11304 Peas, edible-podded, frozen, cooked, boiled, drained, without salt 1600 1.0 cup 31.7 11305 Peas, edible-podded, frozen, unprepared 11440 1.0 cup 31.8 11308 Peas, green (includes baby and lesuer types), canned, drained solids, unprepared 175.0 1.0 cup 7.4 11311 Peas, green, canned, on salt added, drained solids and solids, unprepared 257.0 1.0 cup 7.4 11312 Peas, green, canned, no salt added, solids and liquids 28.0 0.5 cup 8.2 11310 Peas, green, canned, regular pack, solids and liquids 124.0 0.5 cup 9.7 11310 Peas, green, canned, seasoned, solids and liquids 124.0 0.5 cup 9.7 11310 Peas, green, canned, regular pack, solids and liquids 1600 1.0 cup	11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	9.7
11810 Peas, edible-podded, frozen, cooked, boiled, drained, with salt 1600 1.0 cup 35.2 11303 Peas, edible-podded, frozen, unprepared 140.0 1.0 cup 35.2 11302 Peas, edible-podded, frozen, unprepared 141.0 1.0 cup 31.7 11308 Peas, edible-podded, frozen, unprepared 98.0 1.0 cup, chopped 58.8 11308 Peas, green, clinkle-bodded, frozen, unprepared 175.0 1.0 cup, chopped 58.8 11308 Peas, green, camed, drained solids, trinsed in tap water 257.0 1.0 cup 23.9 11811 Peas, green, camed, no sul added, drained solids 85.0 0.5 cup 82. 11812 Peas, green, camed, no sul added, drained solids 85.0 0.5 cup 82. 11812 Peas, green, camed, no sul added, drained solids 124.0 0.5 cup 9.7 11300 Peas, green, camed, no sul added, drained solids 122.0 0.5 cup 9.7 11310 Peas, green, camed, ro, solk added, solids and liquids 122.0 1.0 cup 22.7 11311 Peas, green, cooked, boiled, dr	11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	76.6
11303 Peas, edible-podded, frozen, cooked, boiled, drained, without salt 1600 1.0 cup 35.2 11302 Peas, edible-podded, frozen, unprepared 114.0 1.0 cup, chopped 58.8 11308 Peas, geible-podded, fraw 98.0 1.0 cup, chopped 58.8 11308 Peas, green, cincludes baby and lesuer types), camed, drained solids, unprepared 127.0 1.0 cup, chopped 58.8 11311 Peas, green, camed, drained solids, firsted in tap water 257.0 1.0 cup 7.2 11812 Peas, green, camed, no salt added, drained solids 85.0 0.5 cup 8.2 11812 Peas, green, canned, no salt added, solids and liquids 124.0 0.5 cup 9.7 11310 Peas, green, canned, regular pack, solids and liquids 124.0 0.5 cup 9.7 11310 Peas, green, canned, regular pack, solids and liquids 124.0 0.5 cup 9.7 11811 Peas, green, canned, regular pack, solids and liquids 120.0 1.0 cup 2.27 11814 Peas, green, canned, regular pack, solids and liquids 160.0 1.0 cup 2.27	11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	76.6
11302 Peas, edible-podded, frozen, unprepared 144.0 1.0 cup 31.7 11300 Peas, edible-podded, raw 98.0 1.0 cup, chopped 58.8 11308 Peas, green (includes baby and lesuer types), canned, drained solids, unprepared 175.0 1.0 cup 7.4 11311 Peas, green, canned, drained solids rised in tap water 257.0 1.0 can 23.9 11812 Peas, green, canned, no salt added, solids and liquids 85.0 0.5 cup 8.2 11812 Peas, green, canned, no salt added, solids and liquids 124.0 0.5 cup 9.7 11310 Peas, green, canned, regular pack, solids and liquids 124.0 0.5 cup 9.7 11310 Peas, green, consed, boiled, drained, without salt 160.0 1.0 cup 26.1 11811 Peas, green, cooked, boiled, drained, without salt 160.0 1.0 cup 22.7 11814 Peas, green, frozen, cooked, boiled, drained, without salt 80.0 0.5 cup 7.9 11313 Peas, green, frozen, cooked, boiled, drained, without salt 80.0 0.5 cup 2.7 11814 <	11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	35.2
11300 Peas, edible-podded, raw 98.0 1.0 cup, chopped 58.8 11308 Peas, green (includes baby and lesuer types), canned, drained solids, unprepared 175.0 1.0 cup 7.4 11311 Peas, green, canned, no salt added, drained solids, rinsed in tap water 257.0 1.0 can 23.9 11812 Peas, green, canned, no salt added, drained solids 85.0 0.5 cup 8.2 11812 Peas, green, canned, no salt added, solids and liquids 124.0 0.5 cup 9.7 11310 Peas, green, canned, regular pack, solids and liquids 124.0 0.5 cup 9.7 11310 Peas, green, canned, seasoned, solids and liquids 227.0 1.0 cup 22.7 11310 Peas, green, canned, seasoned, solids and liquids 227.0 1.0 cup 22.7 11310 Peas, green, canced, boiled, drained, without salt 160.0 1.0 cup 22.7 11314 Peas, green, cooked, boiled, drained, without salt 80.0 0.5 cup 7.9 11313 Peas, green, frozen, cooked, boiled, drained, without salt 80.0 0.5 cup 24.1 11324	11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	35.2
11308 Peas, green (includes baby and lesuer types), canned, drained solids, unprepared 175.0 1.0 cup 7.4 11311 Peas, green, canned, drained solids, finsed in tap water 257.0 1.0 can 23.9 11813 Peas, green, canned, no salt added, drained solids 85.0 0.5 cup 8.2 11812 Peas, green, canned, no salt added, solids and liquids 124.0 0.5 cup 9.7 11300 Peas, green, canned, regular pack, solids and liquids 124.0 0.5 cup 9.7 11310 Peas, green, canned, seasoned, solids and liquids 124.0 0.5 cup 9.7 11310 Peas, green, canned, seasoned, solids and liquids 126.0 1.0 cup 26.1 11811 Peas, green, canned, seasoned, solids and liquids 126.0 1.0 cup 26.1 11811 Peas, green, cooked, boiled, drained, with salt 160.0 1.0 cup 22.7 11305 Peas, green, cooked, boiled, drained, with salt 80.0 0.5 cup 7.9 11814 Peas, green, frozen, cooked, boiled, drained, with salt 80.0 0.5 cup 7.9 11313	11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	31.7
11311 Peas, green, canned, drained solids, rinsed in tap water 257.0 1.0 can 23.9 11813 Peas, green, canned, no salt added, drained solids 85.0 0.5 cup 82. 11812 Peas, green, canned, no salt added, solids and liquids 124.0 0.5 cup 9.7 11310 Peas, green, canned, regular pack, solids and liquids 227.0 1.0 cup 26.1 11811 Peas, green, canned, sesoned, solids and liquids 227.0 1.0 cup 26.1 11811 Peas, green, canced, sesoned, solids and liquids 227.0 1.0 cup 26.1 11811 Peas, green, cooked, boiled, drained, with salt 160.0 1.0 cup 22.7 11814 Peas, green, frozen, cooked, boiled, drained, without salt 80.0 0.5 cup 7.9 11313 Peas, green, frozen, cooked, boiled, drained, without salt 80.0 0.5 cup 7.9 11314 Peas, green, frozen, cooked, boiled, drained, without salt 80.0 0.5 cup 7.9 11316 Peas, green, applit, mature seeds, row 197.0 1.0 cup 3.5 11316 Peas, green,	11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	58.8
11813 Peas, green, canned, no salt added, drained solids 85.0 0.5 cup 8.2 11812 Peas, green, canned, no salt added, solids and liquids 124.0 0.5 cup 9.7 11310 Peas, green, canned, regular pack, solids and liquids 124.0 0.5 cup 9.7 11310 Peas, green, canned, seasoned, solids and liquids 227.0 1.0 cup 26.1 11811 Peas, green, cooked, boiled, drained, with salt 160.0 1.0 cup 22.7 11305 Peas, green, (rozen, cooked, boiled, drained, without salt 160.0 1.0 cup 22.7 11814 Peas, green, frozen, cooked, boiled, drained, without salt 80.0 0.5 cup 7.9 11313 Peas, green, frozen, cooked, boiled, drained, without salt 80.0 0.5 cup 7.9 11314 Peas, green, frozen, unprepared 134.0 1.0 cup 24.1 11304 Peas, green, frozen, unprepared 145.0 1.0 cup 58.0 16085 Peas, green, split, mature seeds, raw 197.0 1.0 cup 2.5 16386 Peas, split, mature seeds, cooked, boiled, with salt 196.0 1.0 cup 0.8 16386 </td <td>11308</td> <td>Peas, green (includes baby and lesuer types), canned, drained solids, unprepared</td> <td>175.0</td> <td>1.0 cup</td> <td>7.4</td>	11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	7.4
11812 Peas, green, canned, no salt added, solids and liquids 124.0 0.5 cup 12.2 11306 Peas, green, canned, regular pack, solids and liquids 124.0 0.5 cup 9.7 11310 Peas, green, canned, seasoned, solids and liquids 227.0 1.0 cup 26.1 11811 Peas, green, cooked, boiled, drained, with salt 160.0 1.0 cup 22.7 11305 Peas, green, cooked, boiled, drained, without salt 160.0 1.0 cup 22.7 11814 Peas, green, frozen, cooked, boiled, drained, with salt 80.0 0.5 cup 7.9 11313 Peas, green, frozen, cooked, boiled, drained, without salt 80.0 0.5 cup 7.9 11314 Peas, green, frozen, unprepared 134.0 1.0 cup 24.1 11304 Peas, green, raw 145.0 1.0 cup 35. 16085 Peas, green, split, mature seeds, raw 197.0 1.0 cup 3.5 16386 Peas, split, mature seeds, cooked, boiled, with salt 196.0 1.0 cup 0.8 16386 Peas, split, mature seeds, cooked, boiled, without salt 196	11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	23.9
11306 Peas, green, canned, regular pack, solids and liquids 124.0 0.5 cup 9.7 11310 Peas, green, canned, seasoned, solids and liquids 227.0 1.0 cup 26.1 11811 Peas, green, cooked, boiled, drained, with salt 160.0 1.0 cup 22.7 11305 Peas, green, foozen, cooked, boiled, drained, without salt 80.0 0.5 cup 7.9 11313 Peas, green, frozen, cooked, boiled, drained, without salt 80.0 0.5 cup 7.9 11312 Peas, green, frozen, cooked, boiled, drained, without salt 80.0 0.5 cup 7.9 11312 Peas, green, frozen, unprepared 134.0 1.0 cup 24.1 11304 Peas, green, split, mature seeds, raw 197.0 1.0 cup 3.5 16085 Peas, green, split, mature seeds, prouted, raw 190.0 1.0 cup 1.2 16386 Peas, split, mature seeds, cooked, boiled, with salt 196.0 1.0 cup 0.8 16086 Peas, split, mature seeds, cooked, boiled, without salt 196.0 1.0 cup 0.8 19310 Pectin, unsweetened, dry mix	11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	8.2
11310 Peas, green, canned, seasoned, solids and liquids 227.0 1.0 cup 26.1 11811 Peas, green, cooked, boiled, drained, with salt 160.0 1.0 cup 22.7 11305 Peas, green, cooked, boiled, drained, without salt 160.0 1.0 cup 22.7 11814 Peas, green, frozen, cooked, boiled, drained, without salt 80.0 0.5 cup 7.9 11313 Peas, green, frozen, cooked, boiled, drained, without salt 80.0 0.5 cup 7.9 11314 Peas, green, frozen, cooked, boiled, drained, without salt 80.0 0.5 cup 7.9 11312 Peas, green, frozen, cooked, boiled, drained, without salt 134.0 1.0 cup 24.1 11304 Peas, green, frozen, unprepared 134.0 1.0 cup 58.0 16085 Peas, green, split, mature seeds, raw 197.0 1.0 cup 3.5 11316 Peas, mature seeds, sprouted, raw 120.0 1.0 cup 0.8 16386 Peas, split, mature seeds, cooked, boiled, with salt 196.0 1.0 cup 0.8 16386 Peas, split, mature seeds, cooked, boiled, without salt 196.0 1.0 cup 0.8 <td< td=""><td>11812</td><td>Peas, green, canned, no salt added, solids and liquids</td><td>124.0</td><td>0.5 cup</td><td>12.2</td></td<>	11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	12.2
11811 Peas, green, cooked, boiled, drained, with salt 160.0 1.0 cup 22.7 11305 Peas, green, cooked, boiled, drained, without salt 160.0 1.0 cup 22.7 11814 Peas, green, frozen, cooked, boiled, drained, with salt 80.0 0.5 cup 7.9 11313 Peas, green, frozen, cooked, boiled, drained, without salt 80.0 0.5 cup 7.9 11312 Peas, green, frozen, unprepared 134.0 1.0 cup 24.1 11304 Peas, green, raw 145.0 1.0 cup 58.0 16085 Peas, green, split, mature seeds, raw 197.0 1.0 cup 3.5 11316 Peas, mature seeds, sprouted, raw 120.0 1.0 cup 0.8 16386 Peas, split, mature seeds, cooked, boiled, with salt 196.0 1.0 cup 0.8 16086 Peas, split, mature seeds, cooked, boiled, without salt 196.0 1.0 cup 0.8 19310 Pectin, unsweetened, dry mix 50.0 1.0 package (1.75 oz) 0.0 11230 Pepeao, dried 24.0 1.0 cup 0.3 11976 Pepper, banana, raw 124.0 1.0 cup <t< td=""><td>11306</td><td>Peas, green, canned, regular pack, solids and liquids</td><td>124.0</td><td>0.5 cup</td><td>9.7</td></t<>	11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	9.7
11305 Peas, green, cooked, boiled, drained, without salt 160.0 1.0 cup 22.7 11814 Peas, green, frozen, cooked, boiled, drained, with salt 80.0 0.5 cup 7.9 11313 Peas, green, frozen, cooked, boiled, drained, without salt 80.0 0.5 cup 7.9 11312 Peas, green, frozen, unprepared 134.0 1.0 cup 24.1 11304 Peas, green, raw 145.0 1.0 cup 58.0 16085 Peas, green, split, mature seeds, raw 197.0 1.0 cup 3.5 11316 Peas, mature seeds, sprouted, raw 120.0 1.0 cup 0.8 16386 Peas, split, mature seeds, cooked, boiled, with salt 196.0 1.0 cup 0.8 16086 Peas, split, mature seeds, cooked, boiled, without salt 196.0 1.0 cup 0.8 19310 Pectin, unsweetened, dry mix 50.0 1.0 package (1.75 oz) 0.0 11230 Pepeao, dried 24.0 1.0 cup 0.3 11976 Pepper, banana, raw 124.0 1.0 cup 10.2 cup	11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	26.1
11814 Peas, green, frozen, cooked, boiled, drained, with salt 80.0 0.5 cup 7.9 11313 Peas, green, frozen, cooked, boiled, drained, without salt 80.0 0.5 cup 7.9 11312 Peas, green, frozen, unprepared 134.0 1.0 cup 24.1 11304 Peas, green, raw 145.0 1.0 cup 58.0 16085 Peas, green, split, mature seeds, raw 197.0 1.0 cup 3.5 11316 Peas, mature seeds, sprouted, raw 120.0 1.0 cup 0.8 16386 Peas, split, mature seeds, cooked, boiled, with salt 196.0 1.0 cup 0.8 16086 Peas, split, mature seeds, cooked, boiled, without salt 196.0 1.0 cup 0.8 19310 Pectin, unsweetened, dry mix 50.0 1.0 package (1.75 oz) 0.0 11230 Pepeao, dried 24.0 1.0 cup 0.3 11976 Pepper, banana, raw 124.0 1.0 cup 10.2 cup	11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	22.7
11313 Peas, green, frozen, cooked, boiled, drained, without salt 80.0 0.5 cup 7.9 11312 Peas, green, frozen, unprepared 134.0 1.0 cup 24.1 11304 Peas, green, raw 145.0 1.0 cup 58.0 16085 Peas, green, split, mature seeds, raw 197.0 1.0 cup 3.5 11316 Peas, mature seeds, sprouted, raw 120.0 1.0 cup 0.8 16386 Peas, split, mature seeds, cooked, boiled, with salt 196.0 1.0 cup 0.8 16086 Peas, split, mature seeds, cooked, boiled, without salt 196.0 1.0 cup 0.8 19310 Pectin, unsweetened, dry mix 50.0 1.0 package (1.75 oz) 0.0 11230 Pepeao, dried 24.0 1.0 cup 0.3 11976 Pepper, banana, raw 124.0 1.0 cup 10.2	11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	22.7
11312 Peas, green, frozen, unprepared 134.0 1.0 cup 24.1 11304 Peas, green, raw 145.0 1.0 cup 58.0 16085 Peas, green, split, mature seeds, raw 197.0 1.0 cup 3.5 11316 Peas, mature seeds, sprouted, raw 120.0 1.0 cup 12.5 16386 Peas, split, mature seeds, cooked, boiled, with salt 196.0 1.0 cup 0.8 16086 Peas, split, mature seeds, cooked, boiled, without salt 196.0 1.0 cup 0.8 19310 Pectin, unsweetened, dry mix 50.0 1.0 package (1.75 oz) 0.0 11230 Pepeao, dried 24.0 1.0 cup 0.3 11976 Pepper, banana, raw 124.0 1.0 cup 10.2 cup	11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	7.9
11304 Peas, green, raw 145.0 1.0 cup 58.0 16085 Peas, green, split, mature seeds, raw 197.0 1.0 cup 3.5 11316 Peas, mature seeds, sprouted, raw 120.0 1.0 cup 12.5 16386 Peas, split, mature seeds, cooked, boiled, with salt 196.0 1.0 cup 0.8 16086 Peas, split, mature seeds, cooked, boiled, without salt 196.0 1.0 cup 0.8 19310 Pectin, unsweetened, dry mix 50.0 1.0 package (1.75 oz) 0.0 11230 Pepeao, dried 24.0 1.0 cup 0.3 11976 Pepper, banana, raw 124.0 1.0 cup 102.5	11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	7.9
16085 Peas, green, split, mature seeds, raw 197.0 1.0 cup 3.5 11316 Peas, mature seeds, sprouted, raw 120.0 1.0 cup 12.5 16386 Peas, split, mature seeds, cooked, boiled, with salt 196.0 1.0 cup 0.8 16086 Peas, split, mature seeds, cooked, boiled, without salt 196.0 1.0 cup 0.8 19310 Pectin, unsweetened, dry mix 50.0 1.0 package (1.75 oz) 0.0 11230 Pepeao, dried 24.0 1.0 cup 0.3 11976 Pepper, banana, raw 124.0 1.0 cup 102.5	11312	Peas, green, frozen, unprepared	134.0	1.0 cup	24.1
11316 Peas, mature seeds, sprouted, raw 120.0 1.0 cup 12.5 16386 Peas, split, mature seeds, cooked, boiled, with salt 196.0 1.0 cup 0.8 16086 Peas, split, mature seeds, cooked, boiled, without salt 196.0 1.0 cup 0.8 19310 Pectin, unsweetened, dry mix 50.0 1.0 package (1.75 oz) 0.0 11230 Pepeao, dried 24.0 1.0 cup 0.3 11976 Pepper, banana, raw 124.0 1.0 cup 102.5	11304	Peas, green, raw	145.0	1.0 cup	58.0
16386 Peas, split, mature seeds, cooked, boiled, with salt 196.0 1.0 cup 0.8 16086 Peas, split, mature seeds, cooked, boiled, without salt 196.0 1.0 cup 0.8 19310 Pectin, unsweetened, dry mix 50.0 1.0 package (1.75 oz) 0.0 11230 Pepeao, dried 24.0 1.0 cup 0.3 11976 Pepper, banana, raw 124.0 1.0 cup 102.5	16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	3.5
16086 Peas, split, mature seeds, cooked, boiled, without salt 196.0 1.0 cup 0.8 19310 Pectin, unsweetened, dry mix 50.0 1.0 package (1.75 oz) 0.0 11230 Pepeao, dried 24.0 1.0 cup 0.3 11976 Pepper, banana, raw 124.0 1.0 cup 102.5	11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	12.5
19310 Pectin, unsweetened, dry mix 50.0 1.0 package (1.75 oz) 0.0 11230 Pepeao, dried 24.0 1.0 cup 0.3 11976 Pepper, banana, raw 124.0 1.0 cup 102.5	16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	0.8
11230 Pepeao, dried 24.0 1.0 cup 0.3 11976 Pepper, banana, raw 124.0 1.0 cup 102.5	16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	0.8
11976 Pepper, banana, raw 124.0 1.0 cup 102.5	19310	Pectin, unsweetened, dry mix	50.0	1.0 package (1.75 oz)	0.0
	11230	Pepeao, dried	24.0	1.0 cup	0.3
07056 Peppered loaf, pork, beef 100.0 3.52 slices 0.0	11976	Pepper, banana, raw	124.0	1.0 cup	102.5
	07056	Peppered loaf, pork, beef	100.0	3.52 slices	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
28377	PEPPERIDGE FARM, 100% Whole Wheat Hamburger Buns	51.0	1.0 serving	0.5
28378	PEPPERIDGE FARM, Cinnamon Swirl Bread	28.0	1.0 serving	0.3
28388	PEPPERIDGE FARM, Deli Swirl Bread	32.0	1.0 serving	0.0
28392	PEPPERIDGE FARM, Farmhouse 100% Whole Wheat Bread	43.0	1.0 serving	0.4
28381	PEPPERIDGE FARM, Farmhouse Hearty White Bread	43.0	1.0 serving	0.4
28382	PEPPERIDGE FARM, Farmhouse Oatmeal Bread	43.0	1.0 serving	0.4
28384	PEPPERIDGE FARM, Farmhouse Sourdough Bread	43.0	1.0 serving	0.4
28394	PEPPERIDGE FARM, Hamburger Bun	51.0	1.0 serving	0.5
28387	PEPPERIDGE FARM, Hamburger Buns w/Sesame	53.0	1.0 serving	0.5
28385	PEPPERIDGE FARM, Jewish Rye Bread (Seedless)	32.0	1.0 serving	0.0
28390	PEPPERIDGE FARM, Light Style Wheat Bread	57.0	1.0 serving	0.6
28386	PEPPERIDGE FARM, Pumpernickel Bread	32.0	1.0 serving	0.0
28379	PEPPERIDGE FARM, Raisin Cinnamon Swirl Bread	28.0	1.0 serving	0.3
28391	PEPPERIDGE FARM, Seeded Jewish Rye Bread	32.0	1.0 serving	0.0
28389	PEPPERIDGE FARM, White Bread	45.0	1.0 serving	0.5
28393	PEPPERIDGE FARM, White Hoagie Roll	69.0	1.0 serving	0.0
28380	PEPPERIDGE FARM, Whole Grain 15 Grain Bread	43.0	1.0 serving	0.4
28395	PEPPERIDGE FARM, Whole Grain Honey Whole Wheat Bread	43.0	1.0 serving	0.4
28396	PEPPERIDGE FARM, Whole Grain Oatmeal Bread	43.0	1.0 serving	0.0
02064	Peppermint, fresh	0.1	2.0 leaves	0.0
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	0.0
11978	Peppers, ancho, dried	17.0	1.0 pepper	0.3
11980	Peppers, chili, green, canned	139.0	1.0 cup	47.5
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	11.6
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	49.6
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	109.1
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	49.6
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	64.7
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	4.2
11981	Peppers, hungarian, raw	27.0	1.0 pepper	25.1
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	13.6
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	106.7
11982	Peppers, pasilla, dried	7.0	1.0 pepper	0.4
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	47.1
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	65.1

	NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
1644 Poppers, sweet, green, freeze-died 0.4 1.0 thus, one per system 7.6 11823 Peppers, sweet, green, frozen, chopped, cooked, bolled, drained, with salt 158.0 1.0 up, chopped or surps 55.8 11833 Peppers, sweet, green, raw 140.0 1.0 cup, chopped 1188 11833 Peppers, sweet, green, sanked 140.0 1.0 cup, chopped 203.8 11834 Peppers, sweet, green, sanked 140.0 1.0 cup, chopped 65.1 11824 Peppers, sweet, code, coked, boiled, chained, with salt 12.0 1.0 cup, chopped or strps 65.1 11825 Peppers, sweet, cred, cocked, boiled, chained, without salt 135.0 1.0 cup, chopped or strps 55.6 11919 Peppers, sweet, cred, freeze-dried 36.0 1.0 cup, chopped or strps 55.6 11919 Peppers, sweet, cred, freeze-dried 35.0 1.0 cup, chopped or strps 55.6 11919 Peppers, sweet, cred, frozen, chopped, boiled, drained, without salt 135.0 1.0 cup, chopped or strps 55.6 11919 Peppers, sweet, cred, frozen, chopped, boiled, drained, without salt 135.0 1.0	11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	8.6
11825 Poppers, sweet, green, frozen, chopped, coxhed, boiled, drinied, with salt 1350 1,0 cmp, chopped, coxpen, coton, chopped, turperpared 950 0.33 package (10 oz) 558 13333 Poppers, sweet, green, frozen, chopped, unprepared 1490 0.10 cup, chopped 1208 13390 Poppers, sweet, green, statisted 1150 1.10 cup, halves 65.1 13412 Poppers, sweet, red, canned, solid-and liquids 120 1.0 cup, halves 65.1 13212 Poppers, sweet, red, coacked, boiled, drianed, with salt 120 1.0 cup, strips 2.0 cup 1322 Poppers, sweet, red, force-dried 0.34 1.0 cup, chopped on strips 7.6 1323 Poppers, sweet, red, force-dried 0.34 1.0 cup, chopped on strips 7.2 1324 Poppers, sweet, red, frozen, chopped, boiled, drianed, without salt 1350 1.0 cup, chopped on strips 5.5 1325 Poppers, sweet, red, frozen, chopped, unprepared 9.90 0.33 package (10 oz) 5.5 1326 Poppers, sweet, red, frozen, chopped, unprepared 9.90 0.33 package (10 oz) 5.5 1327 Poppers, swee	11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	100.4
1337 Peppers, sweet, green, frozen, chapped, unprepared 95.0 0.33 packags (10 oz) 55.8 1333 Peppers, sweet, green, xawe 1400 1.0 cup, chapped 119.8 1339 Peppers, sweet, green, xameed 115.0 1.0 cup, chapped 20.8 11824 Peppers, sweet, red, canced, solids and liquids 1400 1.0 cup, tables 20.5 11823 Peppers, sweet, red, cooked, boiled, drained, without salt 120 1.0 cup, tables 20.8 11824 Peppers, sweet, red, frozen, chopped, boiled, drained, without salt 135.0 1.0 cup, chapped or strips 7.6 11919 Peppers, sweet, red, frozen, chopped, boiled, drained, without salt 135.0 1.0 cup, chapped or strips 7.5 11919 Peppers, sweet, red, frozen, chopped, boiled, drained, without salt 135.0 1.0 cup, chapped or strips 7.5 11919 Peppers, sweet, red, frozen, chopped, boiled, drained, without salt 135.0 1.0 cup, chapped or strips 7.5 11921 Peppers, sweet, red, frozen, chopped, unpepared 9.0 0.33 packags (10 oz) 5.5 11921 Peppers, sweet, red, frozen, chopped, boiled, draine	11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	7.6
1333 Peppers, sweet, green, raw 1490 1.0 cup chopped 2036 1339 Peppers, sweet, reten, sauseed 1150 1150 1.0 cup chopped 2036 11824 Peppers, sweet, red. cooked, boiled, drained, with salt 120 1.0 cup, balves 50.1 11823 Peppers, sweet, red. cooked, boiled, drained, with salt 1350 1.0 cup, chopped 20.8 11823 Peppers, sweet, red. frozen, chopped, boiled, drained, with salt 1350 1.0 cup, chopped or strips 25.6 11919 Peppers, sweet, red. frozen, chopped, boiled, drained, with salt 1350 1.0 cup, chopped or strips 25.5 11918 Peppers, sweet, red. frozen, chopped, boiled, drained, without salt 1350 1.0 cup, chopped or strips 25.5 11919 Peppers, sweet, red. frozen, chopped, uprepared 950 0.333 package (100 or 55.8 11821 Peppers, sweet, red. frozen, chopped, uprepared 1860 1.0 cup, chopped 172.6 11921 Peppers, sweet, red. frozen, chopped, uprepared 2.0 cup 1.0 cup, chopped 172.6 11921 Peppers, sweet, red. frozen, chopped, uprepared <t< td=""><td>11825</td><td>Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt</td><td>135.0</td><td>1.0 cup, chopped or strips</td><td>55.6</td></t<>	11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	55.6
1339 Peppers, sweet, green, susteed 1150 1.0 cup chopped 2036 11916 Peppers, sweet, red, cunned, solided, diraised, with sult 1400 1.0 cup, halves 6.5 1 11824 Peppers, sweet, red, cuoked, boiled, diraised, without sult 1350 1.0 cup, halves 205 11829 Peppers, sweet, red, cuoked, boiled, diraised, without sult 1350 1.0 cup, chopped outsings 7.6 11931 Peppers, sweet, red, frozen, chopped, boiled, drained, without sult 1350 1.0 cup, chopped outsings 5.56 11940 Peppers, sweet, red, frozen, chopped, boiled, drained, without sult 1350 1.0 cup, chopped outsings 5.56 11947 Peppers, sweet, red, frozen, chopped, boiled, drained without sult 1350 1.0 cup, chopped outsings 5.56 11940 Peppers, sweet, red, frozen, chopped, unprepared 950 0.33 package (10 or) 5.58 11941 Peppers, sweet, red, frozen, chopped, unprepared 1860 1.0 cup, chopped outsings 1.0 cup 11941 Peppers, sweet, red, frozen, chopped, unprepared 1860 1.0 cup, chopped outsings 1.0 cup 11842 Peppers, swee	11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	55.8
11916 Peppers, sweet, red, conked, boiled, drained, with nate 1400 1.0 cup, halves 65.1 11824 Peppers, sweet, red, cooked, boiled, drained, without salt 132 1.0 cup, chopped, prince, red, red, cooked, boiled, drained, without salt 135.0 1.0 cup, chopped or strips 2.08 11918 Peppers, sweet, red, frozen, chopped, boiled, drained, without salt 135.0 1.0 cup, chopped or strips 55.6 11918 Peppers, sweet, red, frozen, chopped, boiled, drained, without salt 135.0 1.0 cup, chopped or strips 55.6 11917 Peppers, sweet, red, frozen, chopped, unprepared 95.0 0.33 package (100 or 55.8 1182 Peppers, sweet, red, suiteed 106.0 1.0 cup, chopped or strips 55.6 1182 Peppers, sweet, red, suiteed 106.0 1.0 cup, chopped or strips 55.6 1182 Peppers, sweet, red, suiteed 106.0 1.0 pepers, sweet, red, suiteed 107.0 11951 Peppers, sweet, red, frozen, chopped, unprepared 106.0 1.0 pepers, sweet, red, swee	11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	119.8
11824 Peppers, sweet, red, cooked, boiled, drained, without salt 120 1.0 to the peppers, sweet, red, cooked, boiled, drained, without salt 135 1.0 to the peppers, sweet, red, forear, chopped, boiled, drained, without salt 135 1.0 to up, strips 208 11913 Peppers, sweet, red, frozen, chopped, boiled, drained, with salt 135 1.0 cup, chopped or strips 5.56 11918 Peppers, sweet, red, frozen, chopped, boiled, drained, without salt 135 1.0 cup, chopped or strips 5.56 11917 Peppers, sweet, red, frozen, chopped, boiled, drained, without salt 135 0.33 package (10 oz) 5.58 11917 Peppers, sweet, red, frozen, chopped, boiled, drained, without salt 136 0.033 package (10 oz) 5.58 11917 Peppers, sweet, red, raw 136 0.10 cup, chopped or strips 158 11921 Peppers, sweet, red, susteed 136 1.0 pepper, sweet, red, raw 120 11921 Peppers, sweet, red, raw 180 1.0 pepper, sweet, red, raw 120 11924 Peppers, sweet, red, raw 180 1.0 pepper, sweet, red, raw 120 11925 Peppers, sweet, red, raw 180	11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	203.6
11823 Poppers, sweet, red, conked, holled, drained, without salt 1350 1.0 cup, strips 20.8 11931 Poppers, sweet, red, froeze-dfold 0.4 1.0 though of the pers, sweet, red, froeze-dfold of chained, with salt 1350 1.0 cup, chopped or strips 55.6 11919 Peppers, sweet, red, froeze-, chopped, boiled, drained, without salt 1350 1.0 cup, chopped or strips 55.6 11917 Poppers, sweet, red, froeze, chopped, unprepared 950 0.33 package (100) 55.8 11921 Poppers, sweet, red, froeze, chopped, unprepared 1060 1.0 cup, chopped 109.3 11921 Poppers, sweet, red, froeze, chopped, unprepared 1060 1.0 cup, chopped 107.0 11921 Poppers, sweet, red, froeze, chopped, unprepared 1060 1.0 cup, chopped 107.0 11921 Poppers, sweet, red, froeze, chopped, unprepared 1060 1.0 cup, chopped 107.0 11921 Poppers, sweet, red, froeze, chopped, unprepared 108.0 1.0 pepper, sweet, red, froeze, chopped, unprepared 108.0 11921 Poppers, sweet, red, froeze, chopped, unprepared 108.0 1.0 peppers, sweet, red, froeze, chopped, sweet, col	11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	65.1
11931 Poppers, sweet, red, froeze-dried 0.4 1.0 tubes 7.6 11919 Peppers, sweet, red, frozen, chopped, boiled, drained, without salt 135.0 1.0 cup, chopped or strips 55.6 11918 Peppers, sweet, red, frozen, chopped, boiled, drained, without salt 135.0 1.0 cup, chopped or strips 55.6 11917 Peppers, sweet, red, frozen, chopped, unprepared 95.0 0.33 package (10 coz) 55.8 11821 Peppers, sweet, red, sauteed 106.0 1.0 cup, chopped 172.6 11951 Peppers, sweet, yellow, raw 186.0 1.0 peppers, large (3-34*tope, 3*da*) 341.3 09264 Persimmons, japanese, dried 34.0 1.0 fruit without refuse 0.0 9265 Persimmons, japanese, dried 36.0 1.0 fruit (2-12*dia) 12.6 9265 Persimmons, japanese, traw 25.0 1.0 fruit (2-12*dia) 12.6 955 Persimmons, japanese, traw 25.0 1.0 fruit (2-12*dia) 12.6 956 Persimmons, javinese, dried 35.0 1.0 fruit (2-12*dia) 12.5 152 Phesaunt, eva, meat o	11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	20.5
11919 Peppers, sweet, red, frozen, chopped, boiled, drained, with salt 135.0 1.0 cup, chopped or strips 55.6 11918 Peppers, sweet, red, frozen, chopped, boiled, drained, without salt 135.0 1.0 cup, chopped or strips 55.6 11917 Peppers, sweet, red, frozen, chopped, unprepared 95.0 0.33 package (10 or) 55.8 11921 Peppers, sweet, red, sutteed 110.0 1.0 cup, chopped 190.3 11921 Peppers, sweet, red, sutteed 110.0 1.0 pepper, large (3-34* long, 3* dio) 34.1 11921 Peppers, sweet, red, sutteed 136.0 1.0 pepper, large (3-34* long, 3* dio) 341.3 11921 Peppers, sweet, red, sutteed 136.0 1.0 pepper, large (3-34* long, 3* dio) 341.3 11921 Peppers, sweet, red, sutteed 136.0 1.0 pepper, large (3-34* long, 3* dio) 341.3 11924 Peppers, sweet, red, sutteed 136.0 1.0 pepper, large (3-34* long, 3* dio) 341.3 1202 Persimmons, japanese, dried 340.0 1.0 fruit without refuse 1.0 1815 Pheasant, cooked, total edible 140.0 1.0 cup thinterior dio	11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	230.8
11918 Peppers, sweet, red, frozen, chopped, boiled, drained, without salt 135.0 1.0 cup, chopped or strips 55.6 11917 Peppers, sweet, red, frozen, chopped, unprepared 95.0 0.33 package (10 oz) 55.8 11821 Peppers, sweet, red, raw 149.0 1.0 cup, chopped 100.3 11921 Peppers, sweet, red, saateed 186.0 1.0 pepper, layer (3.34 rlong, 37 dla) 341.3 1924 Peppers, sweet, red, saateed 34.0 1.0 pepper, layer (3.34 rlong, 37 dla) 341.3 1925 Peppers, sweet, red, saateed 34.0 1.0 fruit without refuse 0.0 09264 Persimmons, japanese, dried 34.0 1.0 fruit without refuse 0.0 09265 Persimmons, native, raw 25.0 1.0 fruit without refuse 0.1 08155 Pheasant, breast, meat only, raw 85.0 1.0 fruit without refuse 1.6 08155 Pheasant, breast, meat only, raw 85.0 1.0 unit (yield from 11b ready-to-eat pheasand) 5.5 08156 Pheasant, raw, meat and skin 85.0 3.0 oz 3.0 oz 4.5 08153 </td <td>11931</td> <td>Peppers, sweet, red, freeze-dried</td> <td>0.4</td> <td>1.0 tbsp</td> <td>7.6</td>	11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	7.6
11917 Peppers, sweet, red, frozen, chopped, unprepared 95.0 0.333 package (10 oz.) 55.8 11821 Peppers, sweet, red, raw 11490 1.0 cup chopoped 172.6 11951 Peppers, sweet, red, sauteed 106.0 1.0 pepper, large (3.34° long, 3° dia) 72.6 1951 Peppers, sweet, red, sauteed 186.0 1.0 pepper, large (3.34° long, 3° dia) 73.1 0924 Persimnons, japanese, dried 34.0 1.0 fruit without refuse 0.0 0925 Persimnons, japanese, raw 25.0 1.0 fruit without refuse 16.5 0515 Pheasant, breast, meat only, raw 85.0 3.0 oz. 3.0 oz. 0515 Pheasant, breast, meat only, raw 99.0 1.0 unit yield from 1 bready-to-eat pheasant. 5.5 0515 Pheasant, raw, meat and skin 85.0 1.0 unit yield from 1 bready-to-eat pheasant. 5.5 0515 Pheasant, raw, meat and yi. 85.0 1.0 unit yield from 1 bready-to-eat pheasant. 5.5 0515 Pheasant, raw, meat and yi. 85.0 1.0 unit yield from 1 bready-to-eat pheasant. 5.0 1833	11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	55.6
11821 Peppers, sweet, red, raw 1490 1.0 cup, chopped 190.3 11921 Peppers, sweet, red, sauted 1060 1.0 cup chopped 172.6 11951 Peppers, sweet, yellow, raw 1860 1.0 pepper, large (3-3/4" long, 3" dia) 341.3 09264 Persimnons, japanese, dried 340 1.0 fruit without refuse 0.0 09263 Persimnons, japanese, raw 1680 1.0 fruit without refuse 16.5 05155 Persimnons, japanese, raw 850 0.1 fruit without refuse 16.5 05155 Pheasant, breast, meat only, raw 850 0.1 cup; chopped or diced 3.0 05156 Pheasant, reg, meat only, raw 990 1.0 unit (yield from 1 lb ready-to-eat pheasant) 5.5 05153 Pheasant, raw, meat and skin 850 3.0 oz 4.5 05154 Pheasant, raw, meat and skin 850 3.0 oz 5.1 05153 Pheasant, raw, meat and skin 850 3.0 oz 5.1 05154 Pheasant, raw, meat and skin 28.3 1.0 oz 0.0 052	11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	55.6
11921 Peppers, sweet, red, sauteed 1060 1.0 cup chopped 172.6 11951 Peppers, sweet, yellow, raw 1860 1.0 pepper, large (3-3/4" long, 3" dia) 341.3 09264 Persimmons, japanese, dried 34.0 1.0 fruit without refuse 0.0 09263 Persimmons, japanese, raw 168.0 1.0 fruit without refuse 0.0 09265 Persimmons, native, raw 25.0 1.0 fruit without refuse 16.5 05155 Phesant, breast, meat only, raw 85.0 3.0 oz 5.1 05156 Phesant, ge, meat only, raw 99.0 1.0 unit yield from 1 lb ready-to-eat phesant) 5.0 05153 Phesant, raw, meat and skin 85.0 3.0 oz 4.5 05154 Phesant, raw, meat only 85.0 1.0 unit yield from 1 lb ready-to-eat phesant) 5.0 05154 Phesant, raw, meat only 85.0 3.0 oz 4.5 05154 Phesant, raw, meat only 85.0 3.0 oz 5.1 1833 Pickle relish, hamburger 15.0 1.0 tbsp 0.3 11944 <td>11917</td> <td>Peppers, sweet, red, frozen, chopped, unprepared</td> <td>95.0</td> <td>0.33 package (10 oz)</td> <td>55.8</td>	11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	55.8
11951 Poppers, sweet, yellow, raw 1860 1.0 pepper, large (3-34* log, 3* dia) 34.1 09264 Persimmons, japanese, dried 34.0 1.0 fruit without refuse 0.0 09263 Persimmons, papanese, raw 1680 1.0 fruit (2-1/2* dia) 12.6 09265 Persimmons, native, raw 25.0 1.0 fruit without refuse 16.5 05155 Pheasant, breast, meat only, raw 85.0 3.0 oz 5.1 43283 Pheasant, leg, meat only, raw 99.0 1.0 unit (yield from 1 lb ready-to-eat pheasant) 5.9 05156 Pheasant, raw, meat and skin 85.0 3.0 oz 4.5 05157 Pheasant, raw, meat only, raw 85.0 1.0 unit (yield from 1 lb ready-to-eat pheasant) 5.9 05158 Pheasant, raw, meat and skin 85.0 3.0 oz 4.5 05159 Pheasant, raw, meat only 85.0 3.0 oz 5.1 18338 Phyllo dough 28.35 1.0 oz 0.0 07058 Pickle ralish, hamburger 15.0 1.0 tbsp 0.2 11944	11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	190.3
09264 Persimmons, japanese, dried 34.0 1.0 fruit without refuse 0.0 09263 Persimmons, japanese, raw 168.0 1.0 fruit (2-1/2" dia) 12.6 09265 Persimmons, native, raw 25.0 1.0 fruit without refuse 16.5 05155 Pheasant, breast, meat only, raw 85.0 1.0 cup, chopped or diced 3.2 05156 Pheasant, eg, meat only, raw 99.0 1.0 unit (yield from 1 lb ready-to-eat pheasant) 5.9 05153 Pheasant, raw, meat and skin 85.0 3.0 oz 4.5 05154 Pheasant, raw, meat only 85.0 3.0 oz 4.5 05154 Pheasant, raw, meat only 85.0 3.0 oz 5.1 18338 Phyllo dough 28.5 3.0 oz 5.1 18338 Phyllo dough 28.5 1.0 oz 0.0 1058 Pickle relish, hamburger 15.0 1.0 tbp 0.3 11948 Pickle relish, bot dog 15.0 1.0 tbp 0.2 11949 Pickle relish, sweet 15.0 1.0 tbp	11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	172.6
09263 Persimmons, japanese, raw 168.0 1.0 fruit (2-1/2" dia) 12.6 09265 Persimmons, native, raw 25.0 1.0 fruit without refuse 16.5 05155 Pheasant, breast, meat only, raw 85.0 3.0 oz 5.1 43283 Pheasant, cooked, total edible 140.0 1.0 cup, chopped or diced 3.2 05156 Pheasant, leg, meat only, raw 99.0 1.0 unit (yield from 1 lb ready-to-eat pheasant) 5.9 05153 Pheasant, raw, meat and skin 85.0 3.0 oz 4.5 05154 Pheasant, raw, meat only 85.0 3.0 oz 4.5 18338 Phyllo dough 28.35 1.0 oz 0.0 07058 Pickle and pimiento loaf, pork 38.0 1.0 slice 3.0 11958 Pickle relish, hamburger 15.0 1.0 tbsp 0.2 11944 Pickle relish, hamburger 15.0 1.0 tbsp 0.2 11945 Pickle relish, bot dog 15.0 1.0 tbsp 0.2 11943 Pickler, chowchow, with cauliflower onion mustard, sweet	11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	341.3
09265 Persimmons, native, raw 25.0 1.0 fruit without refuse 16.5 05155 Pheasant, breast, meat only, raw 85.0 3.0 oz 5.1 43283 Pheasant, cooked, total edible 140.0 1.0 cup, chopped or diced 3.2 05156 Pheasant, leg, meat only, raw 99.0 1.0 unit (yield from 1 lb ready-to-eat pheasant) 5.9 05153 Pheasant, raw, meat and skin 85.0 3.0 oz 4.5 05154 Pheasant, raw, meat only 85.0 3.0 oz 5.1 18338 Phyllo dough 28.35 1.0 oz 0.0 07058 Pickle and pimiento loaf, pork 38.0 1.0 stice 3.0 11958 Pickle relish, hamburger 15.0 1.0 tbsp 0.3 11944 Pickle relish, bot dog 15.0 1.0 tbsp 0.2 11945 Pickle relish, sweet 15.0 1.0 tbsp 0.2 11943 Pickles, chowchow, with cauliflower onion mustard, sweet 245.0 1.0 spear, small 0.8 11947 Pickles, cucumber, dill, reduced sodium	09264	Persimmons, japanese, dried	34.0	1.0 fruit without refuse	0.0
05155 Pheasant, breast, meat only, raw 85.0 3.0 oz 5.1 43283 Pheasant, cooked, total edible 140.0 1.0 cup, chopped or diced 3.2 05156 Pheasant, leg, meat only, raw 99.0 1.0 unit (yield from 1 lb ready-to-eat pheasant) 5.9 05153 Pheasant, raw, meat and skin 85.0 3.0 oz 4.5 05154 Pheasant, raw, meat only 85.0 3.0 oz 5.1 18338 Phyllo dough 28.35 1.0 oz 0.0 07058 Pickle and pimiento loaf, pork 38.0 1.0 stice 3.0 11958 Pickle relish, hamburger 15.0 1.0 tbsp 0.3 11944 Pickle relish, bot dog 15.0 1.0 tbsp 0.2 11945 Pickle relish, sweet 15.0 1.0 tbsp 0.2 11943 Pickles, chowchow, with cauliflower onion mustard, sweet 245.0 1.0 cup 14.7 11937 Pickles, cucumber, dill or kosher dill 35.0 1.0 spear, small 0.8 11947 Pickles, cucumber, dill, reduced sodium	09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	12.6
43283 Pheasant, cooked, total edible 140.0 1.0 cup, chopped or diced 3.2 05156 Pheasant, leg, meat only, raw 99.0 1.0 unit (yield from 1 lb ready-to-eat pheasant) 5.9 05153 Pheasant, raw, meat and skin 85.0 3.0 oz 4.5 05154 Pheasant, raw, meat only 85.0 3.0 oz 5.1 18338 Phyllo dough 28.35 1.0 oz 0.0 07058 Pickle and pimiento loaf, pork 38.0 1.0 slice 3.0 11958 Pickle relish, hamburger 15.0 1.0 tbsp 0.3 11944 Pickle relish, bot dog 15.0 1.0 tbsp 0.2 11945 Pickle relish, sweet 15.0 1.0 tbsp 0.2 11983 Pickles, chowchow, with cauliflower onion mustard, sweet 245.0 1.0 cup 14.7 11937 Pickles, cucumber, dill or kosher dill 35.0 1.0 spear, small 0.8 11947 Pickles, cucumber, dill, reduced sodium 35.0 1.0 spear, small 0.8 11941 Pickles, cucumber, sour 155.0 1.0 cup 1.6	09265	Persimmons, native, raw	25.0	1.0 fruit without refuse	16.5
05156 Pheasant, leg, meat only, raw 99.0 1.0 unit (yield from 1 lb ready-to-eat pheasant) 5.9 05153 Pheasant, raw, meat and skin 85.0 3.0 oz 4.5 05154 Pheasant, raw, meat only 85.0 3.0 oz 5.1 18338 Phyllo dough 28.35 1.0 oz 0.0 07058 Pickle and pimiento loaf, pork 38.0 1.0 slice 3.0 11958 Pickle relish, hamburger 15.0 1.0 tbsp 0.3 11944 Pickle relish, bot dog 15.0 1.0 tbsp 0.2 11945 Pickle relish, sweet 15.0 1.0 tbsp 0.2 11983 Pickles, chowchow, with cauliflower onion mustard, sweet 245.0 1.0 tbsp 0.2 11937 Pickles, cucumber, dill or kosher dill 35.0 1.0 spear, small 0.8 11947 Pickles, cucumber, dill, reduced sodium 35.0 1.0 spear, small 0.8 11941 Pickles, cucumber, sour 155.0 1.0 spear, small 0.8	05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	5.1
05153 Pheasant, raw, meat and skin 85.0 3.0 oz 4.5 05154 Pheasant, raw, meat only 85.0 3.0 oz 5.1 18338 Phyllo dough 28.35 1.0 oz 0.0 07058 Pickle and pimiento loaf, pork 38.0 1.0 slice 3.0 11958 Pickle relish, hamburger 15.0 1.0 tbsp 0.3 11944 Pickle relish, bot dog 15.0 1.0 tbsp 0.2 11945 Pickle relish, sweet 15.0 1.0 tbsp 0.2 11983 Pickles, chowchow, with cauliflower onion mustard, sweet 15.0 1.0 tbsp 0.2 11937 Pickles, cucumber, dill or kosher dill 35.0 1.0 spear, small 0.8 11947 Pickles, cucumber, dill, reduced sodium 35.0 1.0 spear, small 0.8 11941 Pickles, cucumber, sour 155.0 1.0 cup 1.6	43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	3.2
Pheasant, raw, meat only 85.0 3.0 oz 5.1 18338 Phyllo dough 28.35 1.0 oz 0.0 07058 Pickle and pimiento loaf, pork 38.0 1.0 stice 3.0 11958 Pickle relish, hamburger 15.0 1.0 tbsp 0.3 11944 Pickle relish, hot dog 15.0 1.0 tbsp 0.2 11945 Pickle relish, sweet 15.0 1.0 tbsp 0.2 11983 Pickles, chowchow, with cauliflower onion mustard, sweet 245.0 1.0 cup 14.7 11937 Pickles, cucumber, dill or kosher dill 35.0 1.0 spear, small 0.8 11947 Pickles, cucumber, dill, reduced sodium 35.0 1.0 spear, small 0.8 11941 Pickles, cucumber, sour 15.0 1.0 cup 1.6	05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	5.9
18338 Phyllo dough 28.35 1.0 oz 0.0 07058 Pickle and pimiento loaf, pork 38.0 1.0 slice 3.0 11958 Pickle relish, hamburger 15.0 1.0 tbsp 0.3 11944 Pickle relish, hot dog 15.0 1.0 tbsp 0.2 11945 Pickle relish, sweet 15.0 1.0 tbsp 0.2 11983 Pickles, chowchow, with cauliflower onion mustard, sweet 245.0 1.0 cup 14.7 11937 Pickles, cucumber, dill or kosher dill 35.0 1.0 spear, small 0.8 11947 Pickles, cucumber, dill, reduced sodium 35.0 1.0 spear, small 0.8 11941 Pickles, cucumber, sour 155.0 1.0 cup 1.6	05153	Pheasant, raw, meat and skin	85.0	3.0 oz	4.5
07058 Pickle and pimiento loaf, pork 38.0 1.0 slice 3.0 11958 Pickle relish, hamburger 15.0 1.0 tbsp 0.3 11944 Pickle relish, hot dog 15.0 1.0 tbsp 0.2 11945 Pickle relish, sweet 15.0 1.0 tbsp 0.2 11983 Pickles, chowchow, with cauliflower onion mustard, sweet 245.0 1.0 cup 14.7 11937 Pickles, cucumber, dill or kosher dill 35.0 1.0 spear, small 0.8 11947 Pickles, cucumber, dill, reduced sodium 35.0 1.0 spear, small 0.8 11941 Pickles, cucumber, sour 155.0 1.0 cup 1.6	05154	Pheasant, raw, meat only	85.0	3.0 oz	5.1
11958 Pickle relish, hamburger 15.0 1.0 tbsp 0.3 11944 Pickle relish, hot dog 15.0 1.0 tbsp 0.2 11945 Pickle relish, sweet 15.0 1.0 tbsp 0.2 11983 Pickles, chowchow, with cauliflower onion mustard, sweet 245.0 1.0 cup 14.7 11937 Pickles, cucumber, dill or kosher dill 35.0 1.0 spear, small 0.8 11947 Pickles, cucumber, dill, reduced sodium 35.0 1.0 spear, small 0.8 11941 Pickles, cucumber, sour 155.0 1.0 cup 1.6	18338	Phyllo dough	28.35	1.0 oz	0.0
11944 Pickle relish, hot dog 15.0 1.0 tbsp 0.2 11945 Pickle relish, sweet 15.0 1.0 tbsp 0.2 11983 Pickles, chowchow, with cauliflower onion mustard, sweet 245.0 1.0 cup 14.7 11937 Pickles, cucumber, dill or kosher dill 35.0 1.0 spear, small 0.8 11947 Pickles, cucumber, dill, reduced sodium 35.0 1.0 spear, small 0.8 11941 Pickles, cucumber, sour 155.0 1.0 cup 1.6	07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	3.0
11945 Pickle relish, sweet 15.0 1.0 tbsp 0.2 11983 Pickles, chowchow, with cauliflower onion mustard, sweet 245.0 1.0 cup 14.7 11937 Pickles, cucumber, dill or kosher dill 35.0 1.0 spear, small 0.8 11947 Pickles, cucumber, dill, reduced sodium 35.0 1.0 spear, small 0.8 11941 Pickles, cucumber, sour 155.0 1.0 cup 1.6	11958	Pickle relish, hamburger	15.0	1.0 tbsp	0.3
Pickles, chowchow, with cauliflower onion mustard, sweet 11937 Pickles, cucumber, dill or kosher dill 11947 Pickles, cucumber, dill, reduced sodium 11941 Pickles, cucumber, sour 11942 Pickles, cucumber, sour 11943 Pickles, cucumber, sour 11944 Pickles, cucumber, sour 11945 Pickles, cucumber, sour 11946 Pickles, cucumber, sour 11947 Pickles, cucumber, sour 11948 Pickles, cucumber, sour 11949 Pickles, cucumber, sour	11944	Pickle relish, hot dog	15.0	1.0 tbsp	0.2
11937 Pickles, cucumber, dill or kosher dill 35.0 1.0 spear, small 0.8 11947 Pickles, cucumber, dill, reduced sodium 35.0 1.0 spear, small 0.8 11941 Pickles, cucumber, sour 155.0 1.0 cup 1.6	11945	Pickle relish, sweet	15.0	1.0 tbsp	0.2
11947 Pickles, cucumber, dill, reduced sodium 35.0 1.0 spear, small 0.8 11941 Pickles, cucumber, sour 155.0 1.0 cup 1.6	11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	14.7
11941 Pickles, cucumber, sour 155.0 1.0 cup 1.6	11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0.8
	11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0.8
Pickles, cucumber, sour, low sodium 143.0 1.0 cup, chopped or diced 1.4	11941	Pickles, cucumber, sour	155.0	1.0 cup	1.6
	11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	1.4

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	1.1
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0.1
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.0
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	0.0
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	0.0
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	0.0
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	0.1
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	0.0
18333	Pie crust, standard-type, dry mix, prepared, baked	20.0	1.0 piece (1/8 of 9" crust)	0.0
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	0.0
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	0.0
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	0.0
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	0.0
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	0.0
19312	Pie fillings, apple, canned	74.0	0.125 can	1.3
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	1.1
19314	Pie fillings, canned, cherry	74.0	0.125 can	2.7
43098	Pie fillings, cherry, low calorie	85.0	1.0 serving	2.4
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	0.9
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	0.9
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	0.5
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	0.1
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	0.5
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0.8
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	0.2
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0.3
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	0.3
18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	0.0
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	0.1
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	0.2
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	0.0
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	0.2
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	7.5
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	0.2
18444	Pie, fried pies, cherry	28.35	1.0 oz	0.4

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
18319	Pie, fried pies, fruit	28.35	1.0 oz	0.4
18445	Pie, fried pies, lemon	28.35	1.0 oz	0.0
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	0.9
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	0.9
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	1.7
18323	Pie, peach	28.35	1.0 oz	0.3
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	0.0
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	0.1
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	0.0
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	0.5
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	0.1
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	0.0
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	0.0
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	0.0
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	43.0
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	43.0
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	60.1
18633	PILLSBURY GRANDS, Buttermilk Biscuits, refrigerated dough	34.0	1.0 biscuit	0.0
18629	PILLSBURY, Buttermilk Biscuits, Artificial Flavor, refrigerated dough	64.0	1.0 biscuit	0.0
18630	PILLSBURY, Chocolate Chip Cookies, refrigerated dough	38.0	1.0 serving 2 cookies	0.0
18635	PILLSBURY, Cinnamon Rolls with Icing, refrigerated dough	44.0	1.0 serving 1 roll with icing	0.0
18631	PILLSBURY, Crusty French Loaf, refrigerated dough	52.0	1.0 serving	0.0
11943	Pimento, canned	12.0	1.0 tbsp	10.2
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	109.5
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	25.0
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	250.0	1.0 cup	78.2
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	30.0
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	90.7
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	19.0
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	18.8
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	17.0
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	23.7
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	18.9
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	18.9
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	19.6

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	78.9
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	93.1
09429	Pineapple, raw, traditional varieties	165.0	1.0 cup, chunks	27.9
09276	Pitanga, (surinam-cherry), raw	173.0	1.0 cup	45.5
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.0
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	0.0
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	0.0
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.0
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	0.0
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	0.0
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	2.1
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	112.0	1.0 slice	2.1
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	3.6
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	79.0	1.0 slice	3.3
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	1.1
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	1.1
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	80.0	1.0 slice	2.2
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	119.0	1.0 slice	3.3
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	125.0	1.0 slice	2.0
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	92.0	1.0 slice	2.8
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	0.7
32012	Pizza rolls, frozen, unprepared	80.0	1.0 serving 6 rolls	0.0
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	1.0
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	2.6
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	0.1
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	4.9
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	7.1
22902	Pizza, meat topping, thick crust, frozen, cooked	103.0	1.0 slice 1/8 of 12" pizza	1.1
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	127.0	0.25 pizza 12" diameter	2.4
09278	Plantains, cooked	200.0	1.0 cup, mashed	21.8
09446	Plantains, green, fried	118.0	1.0 cup	4.0
09277	Plantains, raw	148.0	1.0 cup, sliced	27.2
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	0.7
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	1.0
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	1.0

90282 Planas, canned, pupils, juice pack, solids and liquids 2520 1.0 up, pined 7.1 92283 Planas, canned, pupils, light syrup pack, solids and liquids 2520 1.0 deep pined 6.7 92924 Planas, canned, purple, light syrup pack, solids and liquids 2520 1.0 deep pined 6.7 92925 Planas, cained, purple, sevend, without added sugar 2480 1.0 deep pined 7.2 9292 Planas, dirici (granas), sevend, without added sugar 2480 1.0 deep pined 7.2 9292 Planas, dirici (granas), sevend, without added sugar 6165 1.0 deep pined 7.2 9292 Planas, four (granas), metodad 1.0 deep pined 1.0 deep pined <th>NDB_No</th> <th>Description</th> <th>Weight(g)</th> <th>Measure</th> <th>Vitamin C, total ascorbic acid(mg) Per Measure</th>	NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
19281 Plums, cined (purple, water pack, solids and liquids) 2490 1.0 cup pitted 6.7 19292 Plums, cined (purples, sweed, with added sugar 2480 1.0 cup pitted 7.2 19292 Plums, cined (purples), sweed, with added sugar 2480 1.0 cup pitted 7.2 19294 Plums, cined (purples), membed 1.0 d 1.0 cup pitted 1.0 19297 Plums, wide (Somern Plains Indiams) 1.6 l 1.0 cup pitted 1.6 l 1,139 Pol 2.0 cl 1.0 cup pitted 1.0 cup pitted 1.0 cup 1,139 Polcherry shoots, (poke), cooked, boiled, drained, with suit 1.6 cup pitted 1.0 cup 1.0 cup 1,139 Pokeberry shoots, (poke), cooked, boiled, drained, without suit 1.6 cup 1.0 cup 1.0 cup 1.0 cup 1,139 Pokeberry shoots, (poke), cooked, boiled, drained, without suit 1.6 cup 1.0	09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	7.1
8978 Pluns, dried (prumes), stewed, with abbels ugar 2480 Change, dier (prumes), stewed, without abbels ugar 72 9972 Pluns, dried (prumes), stewed, without abbels ugar 2480 Change, die (prumes), uncooked 1.0 9972 Pluns, wird (prumes), uncooked 1.6 4.0 1.0 1.0 9972 Pluns, wird (bruthen) Pluris Indians) 1.6 4.0 1.0 1.0 3200 Pluns, wird (bruthen) Pluris Indians) 2.0 2.0 1.0 1.0 1.0 1321 Pickerry shoots, (pokel, cooked, boiled, drianed, with sult 1.0 2.0 1.0	09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	1.0
69292 Plums, dried (grunes), steward, without added sugar 248 1.00 cm, printed 7.00 09294 Plums, dried (grunes), uncoded 174 1.00 cm, printed 1.01 09297 Plums, raw 165 1.00 cm, printed 1.05 32306 Plums, wild (Northern Plains Indians) 161 2.00 1.00 cm 1.00 cm 1330 Pilom, sheel (Northern Plains Indians) 165 2.00 cm 1.00 cm 9.00 1340 Polich wild (Northern Plains Indians) 165 2.00 cm 1.00 cm 9.00 1351 Polich south, cooked, boiled, drained, without salt 165 2.00 cm 1.00 cm 1.83 1136 Pokcherry shoots, (poke), cooked, boiled, drained, without salt 160 3.00 cm 1.00 cm 2.17 1137 Pokcherry shoots, (poke), cooked, boiled, drained, without salt 1.00 3.00 cm 1.00 cm 2.00 1076 Pokcherry shoots, (poke), cooked, boiled, drained, without salt 1.00 3.00 cm	09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	6.7
09211 Plans, dried (prunes), uncooked 174 Close of the policy of the	09293	Plums, dried (prunes), stewed, with added sugar	248.0	1.0 cup, pitted	6.7
69279 Plums, raw 1850 Chouse, wild (Northern Plains Indians) 187 35206 Plums, wild (Northern Plains Indians) 1610 1.0 cm 9.6 d 11827 Pokcherry shoots, (poke), cooked, boiled, drained, with saif 260 1.0 cm 1.1 cm 11831 Pokcherry shoots, (poke), cooked, boiled, drained, without saif 1650 1.0 cm 1.0 cm 11830 Pokcherry shoots, (poke), cooked, boiled, drained, without saif 1650 1.0 cm 1.0 cm 11831 Pokcherry shoots, (poke), cooked, boiled, drained, without saif 1650 1.0 cm 1.0 cm 11830 Pokcherry shoots, (poke), cooked, boiled, drained, without saif 1650 1.0 cm 1.0 cm 11830 Pokcherry shoots, (poke), cooked, boiled, drained, without saif 1.0 cm 1.0 cm 2.0 cm 11830 Pokcherry shoots, (poke), cooked, boiled, drained, without saif 1.0 cm 1.0 cm 2.0 cm 11840 Pomegranase, sav 8.0 cm 1.0 cm 1.0 cm 1.0 cm 12841 Popcorn, microwave, regular (butter) flavor, made with pain off 2.8 cm 1.0 cm 1.0 cm	09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	7.2
3306 Plums wild (Northerr Plains Indians) 16.0 1.0 cm 1.0 c	09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	1.0
1349 Polechery shoots, (poke), cooked, boiled, drained, with salt 260 1.00 2.00	09279	Plums, raw	165.0	1.0 cup, sliced	15.7
11827 Pokeberry shorts, (poke), cooked, boiled, drained, with sult 1650 1.0 cup 1353 11830 Pokeberry shorts, (poke), cooked, boiled, drained, without salt 1660 1600 1.0 cup 1853 11830 Pokeberry shoots, (poke), caw 1660 6.0 cup 1.0 cup 2.7 cup 09280 Pokeberry shoots, (poke), caw 880 6.0 cup 0.0 cup 09421 Pomegranate, juice, bottled 240 0.5 cup arils (seed)uice suc 8.9 48372 Pomegranate, raw 870 0.5 cup arils (seed)uice suc 8.9 48372 Popcorn, nicrowave, low fat and sodium 79 0.10 cup 0.0 2502 Popcorn, nicrowave, floatified 79 0.10 cup 0.0 1943 Popcorn, sugar syrup/caramel, fat-free 28.3 1.0 cup 0.0 21416 Popevers, dividid Cricker Strips, analyzed 2006 540 0.1 cup 0.0 18417 POPEVES, Mild Cricker Strips, analyzed 2006 530 0.1 cup 0.0 1833 Popovers, dry mix, enriched 28.3 1.0 cup	35206	Plums, wild (Northern Plains Indians)	161.0	1.0 cup	16.6
11531 Pokeberry shoots, (poke), cooked, boiled, drained, without salt 1650 1.0 cup 1.3 cup 11530 Pokeberry shoots, (poke), raw 1600 0.10 cup 2176 07059 Polish sausage, pork 850 3.03 cup 0.08 08424 Pomegranate juice, bottled 2490 0.5 cup arils (seed)quice sacs 88 9826 Pomegranate, raw 87 0.5 cup arils (seed)quice sacs 88 43572 Popcorn, microwave, low fat and sodium 28.35 1.0 cu 0.0 19436 Popcorn, microwave, low fat and sodium 79 1.0 cup 0.0 19436 Popcorn, microwave, low fat and sodium 28.35 1.0 cu 0.0 19436 Popcorn, microwave, low fat and sodium 28.35 1.0 cu 0.0 19436 Popcorn, microwave, low fat and sodium 1.0 0.0 19447 POFEYES, Coleslaw 1.0 1.0 1.0 0.0 21417 POFEYES, Shild Chicken Strips, analyzed 2006 5.0 1.0 1.0 0.0 18439 Popcwes	11349	Poi	240.0	1.0 cup	9.6
1155 Pokeberry shoots, (poke), raw 1600 1.0 cup 217.6 07059 Polish sausage, pork 850 3.0 ac 0.8 09422 Pomegranate juice, bottled 29.0 0.5 cup arils (seedlyine saus) 8.9 08256 Pomegranater, raw 87.0 0.5 cup arils (seedlyine saus) 8.9 43572 Popcorn, microwave, low fat and sodium 28.35 1.0 oz 0.0 19436 Popcorn, sugar vyrup'carment, fat-free 28.35 1.0 oz 0.0 19436 Popcorn, sugar vyrup'carment, fat-free 28.35 1.0 oz 0.0 21416 POPEYES, Coleslaw 1200 1.0 package 1.76 21417 POPEYES, Spirklid Chicken Strips, analyzed 2006 5.0 1.0 strip 0.0 1833 Popovers, dry mix, enriched 28.35 1.0 oz 0.0 18447 Popovers, dry mix, enriched 28.35 1.0 oz 0.0 18470 Popovers, dry mix, enriched 28.35 1.0 oz 0.0 18471 Popovers, dry mix, enriched 28.35	11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	135.3
07059 Polish sausage, pork 85.0 3.0 oz 0.8 09442 Pomegranate; juice, bottled 249.0 1.0 cup 0.2 09286 Pomegranates, raw 87.0 87.0 0.5 cup arils (seed)úice sacs) 8.9 43572 Popcorn, microwave, low fat and sodium 79.0 0.0 0.0 0.0 19436 Popcorn, microwave, regular (butter) flavor, made with palm oil 9.0 1.0 1.0 0.0 19436 Popcorn, sugar syrup'caramel, fat-free 28.3 1.0 oz 0.0 19436 Popcorn, sugar syrup'caramel, fat-free 28.3 1.0 oz 0.0 21416 POPEYES, Coleslaw 1200 1.0 package 17.6 21417 POPEYES, Mild Chicken Strips, analyzed 2006 54 1.0 strip 0.0 12418 POPEYES, Spicy Chicken Strips, analyzed 2006 28.35 1.0 oz 0.0 18339 Popovers, dry mix, uneriched 28.35 1.0 oz 0.0 18447 Popovers, dry mix, uneriched 28.35 1.0 oz 0.0 10959	11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	135.3
09442 Pomegranate Juice, bottled 249.0 1.0 cup 0.2 09286 Pomegranates, ruw 87.0 0.5 cup artis (seed/juice sacs) 8.9 43572 Popcorn, microwave, low fat and sodium 28.35 1.0 cz 0.0 25026 Popcorn, microwave, regular (butter) flavor, made with palm oil 7.9 1.0 cup 0.0 1446 Popcorn, sugar syrup'carmel, fat-free 28.35 1.0 cup 0.0 21416 POPEYES, Coleslaw 120 1.0 cup 1.0 strip 0.0 21417 POPEYES, Spicy Chicken Strips, analyzed 2006 54 0.1 cup 1.0 strip 0.0 21418 POPEYES, Spicy Chicken Strips, analyzed 2006 53.0 1.0 strip 0.0 21419 POPEYES, Spicy Chicken Strips, analyzed 2006 28.35 1.0 cup 0.0 18339 Popovers, dry mix, unemiched 28.35 1.0 cup 0.0 18447 Popovers, dry mix, unemiched 28.35 1.0 cup 0.0 1957 Pork and beef sausage, freel, cooked 57.0 1.0 ink (raw dimensions: 4" long x 7.8" dia), cooke	11350	Pokeberry shoots, (poke), raw	160.0	1.0 cup	217.6
09286 Pomegranates, raw 87.0 0.5 cup arils (seed/juice sase) 8.9 43572 Popcorn, microwave, low fat and sodium 28.35 1.0 oz 0.0 25026 Popcorn, microwave, regular (butter) flavor, made with palm oil 7.9 1.0 cup 0.0 19436 Popcorn, sugar syrup'caranel, fat-free 28.35 1.0 oz 0.0 21416 POPEYES, Coleslaw 120 1.0 package 17.6 21417 POPEYES, Mild Chicken Strips, analyzed 2006 3.0 1.0 strip 0.0 21418 POPEYES, Spicy Chicken Strips, analyzed 2006 3.0 1.0 strip 0.0 18339 Popcovers, dry mix, unriched 28.35 1.0 oz 0.0 18447 Popcovers, dry mix, unenriched 28.35 1.0 ink (raw dimensions: 4" long x78" dia), cooked 0.0 07055 Pork and turkey sausage, pre-cooked 3.0 1.0 link (raw dimensions: 4" long x78" dia), cooked 0.0 10981 Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only 35.0 2.0 links (raw dimensions: 4" long x78" dia), cooked 0.0 10996 Pork loin, fresh	07059	Polish sausage, pork	85.0	3.0 oz	0.8
43572 Popcorn, microwave, low fat and sodium 28.35 1.0 oz 0.0 25026 Popcorn, microwave, regular (butter) flavor, made with palm oil 7.9 1.0 cup 0.0 19436 Popcorn, sugar syrup/caramel, fat-free 28.35 1.0 oz 0.0 21416 POPEYES, Coleslaw 120.0 1.0 package 17.6 21417 POPEYES, Mild Chicken Strips, analyzed 2006 54.0 1.0 strip 0.0 21418 POPEYES, Spicy Chicken Strips, analyzed 2006 53.0 1.0 strip 0.0 18339 Popovers, dry mix, enriched 28.35 1.0 oz 0.0 18447 Popovers, dry mix, unenriched 28.35 1.0 oz 0.0 07055 Pork and beef sausage, fresh, cooked 13.0 1.0 link (raw dimensions: 4" long x 7/8" dia), cooked 0.0 10981 Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only 85.0 3.0 oz 0.0 10980 Pork loin, fresh, backribs, bone-in, raw, lean only 11.4 4.0 oz 0.0 42190 Pork sausage, link/patty, cooked, pan-fried 27.0 1.0 patt	09442	Pomegranate juice, bottled	249.0	1.0 cup	0.2
25026 Popcorn, microwave, regular (butter) flavor, made with palm oil 7.9 1.0 cup 0.0 19436 Popcorn, sugar syrup/caramel, fat-free 28.35 1.0 oz 0.0 21416 POPEYES, Coleslaw 1200 1.0 package 17.6 21417 POPEYES, Mild Chicken Strips, analyzed 2006 540 1.0 strip 0.0 21418 POPEYES, Spicy Chicken Strips, analyzed 2006 53.0 1.0 strip 0.0 18339 Popovers, dry mix, enriched 28.35 1.0 oz 0.0 18447 Popovers, dry mix, unenriched 28.35 1.0 oz 0.0 0705 Pork and beef sausage, fresh, cooked 13.0 1.0 link (raw dimensions: 4" long x 7/8" dia), cooked 0.0 07957 Pork and turkey sausage, pre-cooked 57.0 1.0 link (raw dimensions: 4" long x 7/8" dia), cooked 0.0 10981 Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only 85.0 3.0 oz 0.0 10982 Pork loin, fresh, backribs, bone-in, raw, lean only 11.0 4.0 oz 0.0 10983 Pork loin, fresh, backribs, bone-in, raw, lean only	09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	8.9
19436 Popcorn, sugar syrupcaramel, fat-free 28.35 1.0 oz 0.0 21416 POPEYES, Coleslaw 1200 1.0 package 17.6 21417 POPEYES, Mild Chicken Strips, analyzed 2006 540 1.0 strip 0.0 21418 POPEYES, Spicy Chicken Strips, analyzed 2006 530 1.0 strip 0.0 18339 Popovers, dry mix, enriched 28.35 1.0 oz 0.0 18447 Popovers, dry mix, unenriched 28.35 1.0 oz 0.0 07065 Pork and beef sausage, fresh, cooked 13.0 1.0 link (raw dimensions: 4" long x 7/8" dia), cooked 0.0 07957 Pork and turkey sausage, pre-cooked 57.0 1.0 link (raw dimensions: 4" long x 7/8" dia), cooked 0.0 10980 Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only 85.0 3.0 oz 0.0 10981 Pork sousage, ink-packribs, bone-in, raw, lean only 15.0 2.0 links 1 NLEA serving 0.0 10980 Pork sausage, link/patty, fully cooked, microwaved 45.0 2.0 links 1 NLEA serving 0.0 10963 Pork sausage, link/patty, ful	43572	Popcorn, microwave, low fat and sodium	28.35	1.0 oz	0.0
21416 POPEYES, Coleslaw 120.0 1.0 package 17.6 21417 POPEYES, Mild Chicken Strips, analyzed 2006 54.0 1.0 strip 0.0 21418 POPEYES, Spicy Chicken Strips, analyzed 2006 53.0 1.0 strip 0.0 18339 Popovers, dry mix, enriched 28.35 1.0 oz 0.0 18447 Popovers, dry mix, unenriched 28.35 1.0 link (raw dimensions: 4" long x 7.8" dia), cooked 0.0 07055 Pork and beef sausage, fresh, cooked 13.0 1.0 link (raw dimensions: 4" long x 7.8" dia), cooked 0.0 07957 Pork and turkey sausage, pre-cooked 57.0 1.0 serving 0.4 10980 Pork loin, fresh, backribs, bone-in, raw, lean only 85.0 3.0 oz 0.0 10980 Pork sausage rice links, brown and serve, cooked 45.0 2.0 links 1 NLEA serving 0.0 07064 Pork sausage, link/patty, cooked, pan-fried 27.0 2.0 links 1 NLEA serving 0.0 07953 Pork sausage, link/patty, fully cooked, microwaved 30.0 1.0 patty 0.0 07964 Pork sausage, link/patty, r	25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0.0
21417 POPEYES, Mild Chicken Strips, analyzed 2006 54.0 1.0 strip 0.0 21418 POPEYES, Spicy Chicken Strips, analyzed 2006 53.0 1.0 strip 0.0 18339 Popovers, dry mix, enriched 28.35 1.0 oz 0.0 18447 Popovers, dry mix, unenriched 28.35 1.0 link (raw dimensions: 4" long x 78" dia), cooked 0.0 07055 Pork and beef sausage, fresh, cooked 13.0 1.0 link (raw dimensions: 4" long x 78" dia), cooked 0.0 07957 Pork and turkey sausage, pre-cooked 57.0 1.0 serving 0.4 10981 Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only 85.0 3.0 oz 0.0 10980 Pork loin, fresh, backribs, bone-in, raw, lean only 11.0 4.0 oz 0.0 42190 Pork sausage rice links, brown and serve, cooked 45.0 2.0 links 1 NLEA serving 0.0 07064 Pork sausage, link/patty, fully cooked, microwaved 30.0 2.0 links 1 NLEA serving 0.0 07967 Pork sausage, link/patty, fully cooked, unheated 23.0 1.0 patty 0.0 07966 <td>19436</td> <td>Popcorn, sugar syrup/caramel, fat-free</td> <td>28.35</td> <td>1.0 oz</td> <td>0.0</td>	19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	0.0
21418 POPEYES, Spicy Chicken Strips, analyzed 2006 53.0 1.0 strip 0.0 18339 Popovers, dry mix, enriched 28.35 1.0 oz 0.0 18447 Popovers, dry mix, unenriched 28.35 1.0 link (raw dimensions: 4" long x 7/8" dia), cooked 0.0 07065 Pork and beef sausage, fresh, cooked 13.0 1.0 link (raw dimensions: 4" long x 7/8" dia), cooked 0.0 07957 Pork and turkey sausage, pre-cooked 57.0 1.0 serving 0.4 10981 Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only 85.0 3.0 oz 0.0 10980 Pork loin, fresh, backribs, bone-in, raw, lean only 114.0 4.0 oz 0.0 42190 Pork sausage rice links, brown and serve, cooked 45.0 2.0 links 1 NLEA serving 0.0 07064 Pork sausage, link/patty, fully cooked, microwaved 30.0 1.0 patty 0.0 07957 Pork sausage, link/patty, fully cooked, unheated 23.0 1.0 link 0.0 07966 Pork sausage, link/patty, reduced fat, cooked, pan-fried 85.0 3.0 oz 0.0 07965	21416	POPEYES, Coleslaw	120.0	1.0 package	17.6
18339 Popovers, dry mix, enriched 28.35 1.0 oz 0.0 18447 Popovers, dry mix, unenriched 28.35 1.0 oz 0.0 07065 Pork and beef sausage, fresh, cooked 13.0 1.0 link (raw dimensions: 4" long x 7/8" dia), cooked 0.0 07957 Pork and turkey sausage, pre-cooked 57.0 1.0 serving 0.4 10981 Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only 85.0 3.0 oz 0.0 10980 Pork loin, fresh, backribs, bone-in, raw, lean only 114.0 4.0 oz 0.0 42190 Pork sausage rice links, brown and serve, cooked 45.0 2.0 links 1 NLEA serving 0.0 07064 Pork sausage, link/patty, cooked, pan-fried 27.0 1.0 patty 0.0 07953 Pork sausage, link/patty, fully cooked, unheated 30.0 1.0 patty 0.0 07966 Pork sausage, link/patty, reduced fat, cooked, pan-fried 85.0 3.0 oz 0.0 07965 Pork sausage, link/patty, reduced fat, unprepared 85.0 3.0 oz 0.0 07063 Pork sausage, link/patty, unprepared <td>21417</td> <td>POPEYES, Mild Chicken Strips, analyzed 2006</td> <td>54.0</td> <td>1.0 strip</td> <td>0.0</td>	21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	0.0
18447 Popovers, dry mix, unenriched 28.35 1.0 oz 0.0 07065 Pork and beef sausage, fresh, cooked 13.0 1.0 link (raw dimensions: 4" long x 7/8" dia), cooked 0.0 07957 Pork and turkey sausage, pre-cooked 57.0 1.0 serving 0.4 10981 Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only 85.0 3.0 oz 0.0 10980 Pork loin, fresh, backribs, bone-in, raw, lean only 114.0 4.0 oz 0.0 42190 Pork sausage rice links, brown and serve, cooked 45.0 2.0 links 1 NLEA serving 0.0 07064 Pork sausage, link/patty, cooked, pan-fried 27.0 1.0 patty 0.0 07953 Pork sausage, link/patty, fully cooked, microwaved 30.0 1.0 patty 0.0 07967 Pork sausage, link/patty, fully cooked, unheated 23.0 1.0 link 0.0 07966 Pork sausage, link/patty, reduced fat, cooked, pan-fried 85.0 3.0 oz 0.0 07965 Pork sausage, link/patty, reduced fat, unprepared 85.0 3.0 oz 0.0 07063 Pork sausage, li	21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	0.0
07065 Pork and beef sausage, fresh, cooked 13.0 1.0 link (raw dimensions: 4" long x 7/8" dia), cooked 0.0 07957 Pork and turkey sausage, pre-cooked 57.0 1.0 serving 0.4 10981 Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only 85.0 3.0 oz 0.0 10980 Pork loin, fresh, backribs, bone-in, raw, lean only 114.0 4.0 oz 0.0 42190 Pork sausage rice links, brown and serve, cooked 45.0 2.0 links 1 NLEA serving 0.0 07064 Pork sausage, link/patty, cooked, pan-fried 27.0 1.0 patty 0.0 07953 Pork sausage, link/patty, fully cooked, microwaved 30.0 1.0 patty 0.0 07967 Pork sausage, link/patty, fully cooked, unheated 23.0 1.0 link 0.0 07966 Pork sausage, link/patty, reduced fat, cooked, pan-fried 85.0 3.0 oz 0.0 07965 Pork sausage, link/patty, reduced fat, unprepared 85.0 3.0 oz 0.0 07063 Pork sausage, link/patty, unprepared 25.0 1.0 link 0.0	18339	Popovers, dry mix, enriched	28.35	1.0 oz	0.0
07957 Pork and turkey sausage, pre-cooked 57.0 1.0 serving 0.4 10981 Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only 85.0 3.0 oz 0.0 10980 Pork loin, fresh, backribs, bone-in, raw, lean only 114.0 4.0 oz 0.0 42190 Pork sausage rice links, brown and serve, cooked 45.0 2.0 links 1 NLEA serving 0.0 07064 Pork sausage, link/patty, cooked, pan-fried 27.0 1.0 patty 0.0 07953 Pork sausage, link/patty, fully cooked, microwaved 30.0 1.0 patty 0.0 07967 Pork sausage, link/patty, fully cooked, unheated 23.0 1.0 link 0.0 07966 Pork sausage, link/patty, reduced fat, cooked, pan-fried 85.0 3.0 oz 0.0 07965 Pork sausage, link/patty, reduced fat, unprepared 85.0 3.0 oz 0.0 07063 Pork sausage, link/patty, unprepared 25.0 1.0 link 0.0	18447	Popovers, dry mix, unenriched	28.35	1.0 oz	0.0
10981 Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only 85.0 3.0 oz 0.0 10980 Pork loin, fresh, backribs, bone-in, raw, lean only 114.0 4.0 oz 0.0 42190 Pork sausage rice links, brown and serve, cooked 45.0 2.0 links 1 NLEA serving 0.0 07064 Pork sausage, link/patty, cooked, pan-fried 27.0 1.0 patty 0.0 07953 Pork sausage, link/patty, fully cooked, microwaved 30.0 1.0 patty 0.0 07967 Pork sausage, link/patty, fully cooked, unheated 23.0 1.0 link 0.0 07966 Pork sausage, link/patty, reduced fat, cooked, pan-fried 85.0 3.0 oz 0.0 07965 Pork sausage, link/patty, reduced fat, unprepared 85.0 3.0 oz 0.0 07063 Pork sausage, link/patty, unprepared 25.0 1.0 link 0.0	07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	0.0
10980 Pork loin, fresh, backribs, bone-in, raw, lean only 114.0 4.0 oz 0.0 42190 Pork sausage rice links, brown and serve, cooked 45.0 2.0 links 1 NLEA serving 0.0 07064 Pork sausage, link/patty, cooked, pan-fried 27.0 1.0 patty 0.0 07953 Pork sausage, link/patty, fully cooked, microwaved 30.0 1.0 patty 0.0 07967 Pork sausage, link/patty, fully cooked, unheated 23.0 1.0 link 0.0 07966 Pork sausage, link/patty, reduced fat, cooked, pan-fried 85.0 3.0 oz 0.0 07965 Pork sausage, link/patty, reduced fat, unprepared 85.0 3.0 oz 0.0 07063 Pork sausage, link/patty, unprepared 25.0 1.0 link 0.0	07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	0.4
42190Pork sausage rice links, brown and serve, cooked45.02.0 links 1 NLEA serving0.007064Pork sausage, link/patty, cooked, pan-fried27.01.0 patty0.007953Pork sausage, link/patty, fully cooked, microwaved30.01.0 patty0.007967Pork sausage, link/patty, fully cooked, unheated23.01.0 link0.007966Pork sausage, link/patty, reduced fat, cooked, pan-fried85.03.0 oz0.007965Pork sausage, link/patty, reduced fat, unprepared85.03.0 oz0.007063Pork sausage, link/patty, unprepared25.01.0 link0.0	10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	0.0
07064Pork sausage, link/patty, cooked, pan-fried27.01.0 patty0.007953Pork sausage, link/patty, fully cooked, microwaved30.01.0 patty0.007967Pork sausage, link/patty, fully cooked, unheated23.01.0 link0.007966Pork sausage, link/patty, reduced fat, cooked, pan-fried85.03.0 oz0.007965Pork sausage, link/patty, reduced fat, unprepared85.03.0 oz0.007063Pork sausage, link/patty, unprepared25.01.0 link0.0	10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	0.0
07953Pork sausage, link/patty, fully cooked, microwaved30.01.0 patty0.007967Pork sausage, link/patty, fully cooked, unheated23.01.0 link0.007966Pork sausage, link/patty, reduced fat, cooked, pan-fried85.03.0 oz0.007965Pork sausage, link/patty, reduced fat, unprepared85.03.0 oz0.007063Pork sausage, link/patty, unprepared25.01.0 link0.0	42190	Pork sausage rice links, brown and serve, cooked	45.0	2.0 links 1 NLEA serving	0.0
07967Pork sausage, link/patty, fully cooked, unheated23.01.0 link0.007966Pork sausage, link/patty, reduced fat, cooked, pan-fried85.03.0 oz0.007965Pork sausage, link/patty, reduced fat, unprepared85.03.0 oz0.007063Pork sausage, link/patty, unprepared25.01.0 link0.0	07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0.0
07966Pork sausage, link/patty, reduced fat, cooked, pan-fried85.03.0 oz0.007965Pork sausage, link/patty, reduced fat, unprepared85.03.0 oz0.007063Pork sausage, link/patty, unprepared25.01.0 link0.0	07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0.0
07965Pork sausage, link/patty, reduced fat, unprepared85.03.0 oz0.007063Pork sausage, link/patty, unprepared25.01.0 link0.0	07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.0
Pork sausage, link/patty, unprepared 25.0 1.0 link 0.0	07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	0.0
	07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0.0
Pork sausage, reduced sodium, cooked 85.0 3.0 oz 0.0	07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0.0
	07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	0.0
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	0.0
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0.0
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	0.0
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0.0
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0.0
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	23.1
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0.0
10913	Pork, cured, ham water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.0
10912	Pork, cured, ham water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.0
10865	Pork, cured, ham water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.0
10866	Pork, cured, ham water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.0
10914	Pork, cured, ham water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.0
10911	Pork, cured, ham water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.0
10867	Pork, cured, ham water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.0
10885	Pork, cured, ham water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.0
10915	Pork, cured, ham water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.0
10910	Pork, cured, ham water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.0
10868	Pork, cured, ham water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.0
10886	Pork, cured, ham water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.0
10916	Pork, cured, ham water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.0
10878	Pork, cured, ham water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.0
10917	Pork, cured, ham water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.0
10909	Pork, cured, ham water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.0
10879	Pork, cured, ham water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	0.0
10880	Pork, cured, ham water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.0
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.0
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.0
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.0
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.0
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.0
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.0
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.0
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	0.0
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.0
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.0
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.0
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	0.0
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	0.0
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.0
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.0
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.0
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.0
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.0
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.0
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.0
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.0
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.0
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.0
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.0
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.0
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.0
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.0
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.0
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.0
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.0
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.0
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	0.0
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0.0
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0.0
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	0.0
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.0
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.0
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.0
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.0
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	0.0
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	0.0
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	0.0
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	28.35	1.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	28.35	1.0 oz, boneless	0.0
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	0.0
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	0.0
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	0.0
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	0.0
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	0.0
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	0.0
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	0.0
43326	Pork, cured, ham, low sodium, lean and fat, cooked	28.35	1.0 oz, boneless	0.0
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	0.0
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	19.6
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.0
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.0
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.0
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.0
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	0.0
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	0.0
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.0
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.0
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.0
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.0
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.0
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	0.0
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.0
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	0.0
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	9.2
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	48.9
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	0.0
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	0.0
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0.0
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	0.0
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0.0
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	0.0
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	0.0
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	2.7

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	0.1
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	0.0
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	0.0
10005	Pork, fresh, belly, raw	28.35	1.0 oz	0.1
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	0.0
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	0.1
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	0.0
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	0.0
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.35	1.0 oz	0.1
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	0.2
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	0.1
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	0.1
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	0.1
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	0.1
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0.0
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.0	3.0 oz	0.3
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	0.2
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.0
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	0.6
10219	Pork, fresh, ground, raw	28.35	1.0 oz	0.2
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.0
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0.0
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	0.0
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	0.0
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	0.0
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	0.0
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	0.0
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.4
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	0.2
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.5

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	0.3
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.0
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.0
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0.0
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.0
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.0
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.0
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.0
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.0
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.0
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	0.0
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.0
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.0
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.0
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.0
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.0
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.0
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	146.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)	0.0
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.0
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	0.0
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	0.0
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.0
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	0.0
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	0.0
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.0
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	133.0	1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)	0.0
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.0
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.3

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.3
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	112.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)	0.0
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.0
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.0
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.0
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.0
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.3
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.3
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.0
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.3
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.3
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.3
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.0
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.3
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.3
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	0.0
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	0.4
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	0.0
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	0.0
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	86.0	1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	0.0
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	128.0	1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g)	0.0
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	0.0
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	0.0
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	0.0
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	0.0
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	80.0	1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g)	0.0
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	0.0
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.0
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.0
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.0
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.0
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.0
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.0
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.0
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.0
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.0
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz (Yield from 1 cooked roast, with refuse, weighing 1515g)	0.0
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.0
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.8
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0.0
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	0.0
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	0.0
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	0.8
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.0
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.0
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	0.0
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	0.0
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	0.0
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	0.0
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.0
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	0.0
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless (yield from 189g raw meat)	0.0
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	0.0
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	0.0
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	0.0
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	0.0
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0.0

1945 Pock, fresh, loin, up toin (chrops,) bonniess, separable lean only, with added solution, cooked, pun-broiled 1500	NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
1948 Pork, fresh, loin, top Join (chops), boncless, separable lean only, with added solution, raw 1140 3.0 oz 0.0 oz	10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	0.0
0005 Prix, fresh, Ioni, up Join (roasts), boneless, separable lean and fat, row 85.0 3.0 oz 0.0 10024 Pork, fresh, Ioni, up Join (roasts), boneless, separable lean and fat, row 85.0 3.0 oz 0.0 10025 Park, fresh, Ioni, up Join (roasts), boneless, separable lean only, row 85.0 3.0 oz 0.0 10021 Pork, fresh, Ioni, whole, separable lean and fat, cooked, braised 85.0 3.0 oz 0.5 10022 Pork, fresh, Ioni, whole, separable lean and fat, cooked, braised 85.0 3.0 oz 0.5 10023 Park, fresh, Ioni, whole, separable lean and fat, cooked, braised 85.0 3.0 oz 0.5 10026 Pork, fresh, Ioni, whole, separable lean and fat, cooked, braised 85.0 3.0 oz 0.5 10026 Pork, fresh, Ioni, whole, separable lean and ye, cooked, braised 85.0 3.0 oz 0.5 10027 Pork, fresh, Ioni, whole, separable lean and ye, cooked, braised 85.0 3.0 oz 0.5 10028 Pork, fresh, Join, whole, separable lean only, cooked, braised 85.0 3.0 oz 0.5 10029 Pork, fresh, Join, whole, separable lean only, row	10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	0.0
10024 Pork, fresh, knin, top loin (masts), boneless, separable lean and far, raw 8.50 3.0 oz 0.0 10025 Pork, fresh, finis, top, foin (masts), boneless, separable lean only, cooked, posted 85.0 3.0 oz 0.0 10021 Pork, fresh, kinis, top loin (masts), boneless, separable lean only, raw 85.0 3.0 oz 0.5 10022 Pork, fresh, kinis, whole, separable lean and fat, cooked, braised 85.0 3.0 oz 0.5 10023 Pork, fresh, kinis, whole, separable lean and fat, cooked, braised 85.0 3.0 oz 0.5 10024 Pork, fresh, kinis, whole, separable lean and fat, cooked, braised 85.0 3.0 oz 0.5 10025 Pork, fresh, kinis, whole, separable lean and fat, cooked, braised 85.0 3.0 oz 0.5 10026 Pork, fresh, kinis, whole, separable lean only, cooked, braised 85.0 3.0 oz 0.5 10026 Pork, fresh, kinis, whole, separable lean only, cooked, braised 85.0 3.0 oz 0.5 10026 Pork, fresh, kinis, whole, separable lean only, cooked, braised 85.0 3.0 oz 0.5 10026 Pork, fresh, kinis, whole, separable lean only, cooked, braised 85.0 3.0 oz 0.5 10027 Pork, fresh, kinis, whole, separable lean only, cooked, braised 85.0 3.0 oz 0.5 10028 Pork, fresh, binis, whole, separable lean only, cooked, braised 85.0 3.0 oz 0.5 10029 Pork, fresh, kinis, khole, separable lean only, cooked, braised 85.0 3.0 oz 0.5 10030 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised 85.0 3.0 oz 0.5 10031 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, row 85.0 3.0 oz 0.5 10032 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, row 85.0 3.0 oz 0.5 10034 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, row 85.0 3.0 oz 0.5 10034 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, row 85.0 3.0 oz 0.5 10034 Pork, fresh, shoulder, (Bost	10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	0.0
10069 Pork, fresh, loin, top loin (rosass), bomeless, separable lean only, raw 85.0 3.0 or 0.0 or 10022 Pork, fresh, loin, whole, separable lean only, raw 85.0 3.0 or 0.5 10023 Pork, fresh, loin, whole, separable lean and fat, cooked, brailed 85.0 3.0 or 0.5 10023 Pork, fresh, loin, whole, separable lean and fat, cooked, brailed 85.0 3.0 or 0.5 10024 Pork, fresh, loin, whole, separable lean and fat, rowed, colored, masted 85.0 3.0 or 0.5 10025 Pork, fresh, loin, whole, separable lean and fat, rowed, colored, masted 85.0 3.0 or 0.5 10026 Pork, fresh, loin, whole, separable lean and fat, rowed, colored, masted 85.0 3.0 or 0.5 10026 Pork, fresh, loin, whole, separable lean only, cooked, brailed 85.0 3.0 or 0.5 10026 Pork, fresh, loin, whole, separable lean only, cooked, brailed 85.0 3.0 or 0.5 10027 Pork, fresh, loin, whole, separable lean only, cooked, brailed 85.0 3.0 or 0.5 10028 Pork, fresh, loin, whole, separable lean only, rowed 85.0 3.0 or 0.5 10029 Pork, fresh, loin, whole, separable lean only, row 85.0 3.0 or 0.5 10020 Pork, fresh, loin, whole, separable lean only, row 85.0 3.0 or 0.5 10020 Pork, fresh, shoulder, (Boston butt), blade (seelas), separable lean only, row 85.0 3.0 or 0.5 10020 Pork, fresh, shoulder, (Boston butt), blade (seelas), separable lean and fat, cooked, braised 85.0 3.0 or 0.5 10031 Pork, fresh, shoulder, (Boston butt), blade (seelas), separable lean and fat, cooked, braised 85.0 3.0 or 0.5 10032 Pork, fresh, shoulder, (Boston butt), blade (seelas), separable lean only, row 85.0 3.0 or 0.5 10034 Pork, fresh, shoulder, (Boston butt), blade (seelas), separable lean only, row 85.0 3.0 or 0.5 10034 Pork, fresh, shoulder, (Boston butt), blade (seelas), separable lean only, row 85.0 3.0 or 0.5 10034 Pork, fresh, shoulder, (Boston butt), blade (seelas), separable lean only, with added solution cooked,	10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
1022 Pork, fresh, loin, top loin (roasts), honeless, separable lean and fat, cooked, braised 85.0 3.0 oz 0.5 1022 Pork, fresh, loin, whole, separable lean and fat, cooked, braised 85.0 3.0 oz 0.5 1023 Pork, fresh, loin, whole, separable lean and fat, cooked, braised 85.0 3.0 oz 0.5 1024 Pork, fresh, loin, whole, separable lean and fat, rowed 85.0 3.0 oz 0.5 1025 Pork, fresh, loin, whole, separable lean and fat, raw 85.0 3.0 oz 0.5 1025 Pork, fresh, loin, whole, separable lean and fat, raw 85.0 3.0 oz 0.5 1025 Pork, fresh, loin, whole, separable lean only, cooked, braised 85.0 3.0 oz 0.5 1026 Pork, fresh, loin, whole, separable lean only, cooked, braised 85.0 3.0 oz 0.5 1027 Pork, fresh, loin, whole, separable lean only, cooked, frosted 85.0 3.0 oz 0.5 1028 Pork, fresh, loin, whole, separable lean only, cooked, frosted 85.0 3.0 oz 0.5 1029 Pork, fresh, loin, whole, separable lean only, cooked, frosted 85.0 3.0 oz 0.5 1020 Pork, fresh, loin, whole, separable lean only, cooked, frosted 85.0 3.0 oz 0.5 1020 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised 85.0 3.0 oz 0.5 1020 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw 85.0 3.0 oz 0.5 1020 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised 85.0 3.0 oz 0.5 1020 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw 85.0 3.0 oz 0.5 1020 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw 85.0 3.0 oz 0.5 1020 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw 85.0 3.0 oz 0.5 1020 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked	10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.0
10021 Pork, fresh, Ioin, whole, separable lean and fat, cooked, braised 85.0 3.0 oz 0.5 10022 Pork, fresh, Ioin, whole, separable lean and fat, cooked, braised 85.0 3.0 oz 0.5 10023 Pork, fresh, Ioin, whole, separable lean and fat, row 85.0 3.0 oz 0.5 10025 Pork, fresh, Ioin, whole, separable lean and ye, cocked, braised 85.0 3.0 oz 0.5 10026 Pork, fresh, Ioin, whole, separable lean only, cooked, braised 85.0 3.0 oz 0.5 10027 Pork, fresh, Ioin, whole, separable lean only, cooked, roasted 85.0 3.0 oz 0.5 10028 Pork, fresh, Ioin, whole, separable lean only, cooked, roasted 85.0 3.0 oz 0.5 10027 Pork, fresh, Ioin, whole, separable lean only, cooked, roasted 85.0 3.0 oz 0.5 10028 Pork, fresh, Ioin, whole, separable lean only, cooked, treasted 28.5 1.0 oz 0.0 10029 Pork, fresh, Ioin, whole, separable lean and fat, cooked, treasted 28.5 1.0 oz 0.0 10040 Pork, fresh, Spoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.0
10022 Pork, fresh, Ioin, whole, separable lean and fat, cooked, rosted 85.0 3.0 or 0.5 10023 Pork, fresh, Ioin, whole, separable lean and fat, cooked, rosted 85.0 3.0 or 0.5 10025 Pork, fresh, Ioin, whole, separable lean and fat, row 85.0 3.0 or 0.5 10026 Pork, fresh, Ioin, whole, separable lean only, cooked, braised 85.0 3.0 or 0.6 10027 Pork, fresh, Ioin, whole, separable lean only, cooked, braised 85.0 3.0 or 0.5 10024 Pork, fresh, Ioin, whole, separable lean only, cooked, praised 85.0 3.0 or 0.5 10027 Pork, fresh, Ioin, whole, separable lean only, cooked, praised 85.0 3.0 or 0.5 10024 Pork, fresh, Ioin, whole, separable fath, row 82.3 1.0 or 0.0 10040 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised 85.0 3.0 or 0.0 10051 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised 85.0 3.0 or 0.0 10052 Pork, fresh, shoulder, (Boston butt), blade (stea	10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.0
10023 Pork, fresh, loin, whole, separable lean and fat, rooked, masted 85.0 3.0 oz 0.5 10025 Pork, fresh, loin, whole, separable lean and fat raw 85.0 3.0 oz 0.5 10026 Pork, fresh, loin, whole, separable lean and y, cooked, broited 85.0 3.0 oz 0.6 10027 Pork, fresh, loin, whole, separable lean only, cooked, broited 85.0 3.0 oz 0.5 10027 Pork, fresh, loin, whole, separable lean only, cooked, troasted 85.0 3.0 oz 0.5 10027 Pork, fresh, loin, whole, separable lean only, cooked, troasted 85.0 3.0 oz 0.5 10027 Pork, fresh, shoulder, floston butt), blade (steaks), separable lean and fat, cooked 28.3 1.0 oz 0.0 10006 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised 85.0 3.0 oz 0.0 10081 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, row 85.0 3.0 oz 0.0 10082 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, roased 85.0 3.0 oz 0.0 10083	10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	0.5
10020 Pork, fresh, bin, whole, separable lean and far, raw 85.0 3.0 oz 0.5 10025 Pork, fresh, bini, whole, separable lean only, cooked, braised 85.0 3.0 oz 0.5 10026 Pork, fresh, bini, whole, separable lean only, cooked, braised 85.0 3.0 oz 0.05 10027 Pork, fresh, bini, whole, separable lean only, cooked, foasted 85.0 3.0 oz 0.05 10028 Pork, fresh, bini, whole, separable lean only, cooked, foasted 85.0 3.0 oz 0.05 10029 Pork, fresh, bini, whole, separable lean only, cooked, foasted 28.3 1.0 oz 0.0 10006 Pork, fresh, separable fat, cooked 85.0 3.0 oz 0.0 10081 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised 85.0 3.0 oz 0.0 10081 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised 85.0 3.0 oz 0.0 10082 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw 85.0 3.0 oz 0.0 10084 Pork, fresh, shoulder, (B	10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.5
10025 Pork, fresh, loin, whole, separable lean only, cooked, braised 85.0 3.0 oz 0.6 10026 Pork, fresh, loin, whole, separable lean only, cooked, broiled 85.0 3.0 oz 0.5 10027 Pork, fresh, loin, whole, separable lean only, cooked, roasted 85.0 3.0 oz 0.5 10027 Pork, fresh, loin, whole, separable lean only, row 85.0 3.0 oz 0.5 10028 Pork, fresh, loin, whole, separable lean only, row 85.0 3.0 oz 0.0 10007 Pork, fresh, separable fat, cooked 28.35 1.0 oz 0.0 10061 Pork, fresh, separable fat, cooked 85.0 3.0 oz 0.0 10080 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, row 85.0 3.0 oz 0.0 10954 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised 85.0 3.0 oz 0.0 10953 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, row 85.0 3.0 oz 0.0 10954 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, row	10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.5
10026 Pork, fresh, Ioin, whole, separable lean only, cooked, broiled 85.0 3.0 oz 0.5 10027 Pork, fresh, Ioin, whole, separable lean only, cooked, roasted 85.0 3.0 oz 0.5 10027 Pork, fresh, Ioin, whole, separable lean only, raw 85.0 3.0 oz 0.5 10007 Pork, fresh, separable fat, cooked 28.35 1.0 oz 0.0 10080 Pork, fresh, separable fat, raw 28.35 1.0 oz 0.0 10081 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised 85.0 3.0 oz 0.0 10080 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised 85.0 3.0 oz 0.0 10954 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw 85.0 3.0 oz 0.0 10953 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised 85.0 3.0 oz 0.0 10945 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw 85.0 3.0 oz 0.0 10946	10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	0.5
10027 Pork, fresh, Ioin, whole, separable lean only, cooked, roasted 85.0 3.0 oz 0.5 10024 Pork, fresh, Ioin, whole, separable lean only, raw 85.0 3.0 oz 0.5 10007 Pork, fresh, separable fat, cooked 28.35 1.0 oz 0.0 10006 Pork, fresh, separable fat, raw 85.0 3.0 oz 0.0 10081 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw 85.0 3.0 oz 0.0 10080 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised 85.0 3.0 oz 0.0 10953 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised 85.0 3.0 oz 0.0 10954 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised 85.0 3.0 oz 0.0 10084 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised 85.0 3.0 oz 0.0 10945 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised 85.0 3.0 oz	10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	0.5
10024 Pork, fresh, Ioin, whole, separable lean only, raw 85.0 3.0 oz 0.5 10007 Pork, fresh, separable fat, cooked 28.35 1.0 oz 0.0 10006 Pork, fresh, separable fat, raw 28.35 1.0 oz 0.0 10081 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised 85.0 3.0 oz 0.0 10080 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw 85.0 3.0 oz 0.0 10954 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised 85.0 3.0 oz 0.0 10953 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw 85.0 3.0 oz 0.0 10084 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw 85.0 3.0 oz 0.0 10945 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised 85.0 3.0 oz 0.0 10946 Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised 85.0 3.0 oz 0.0 <	10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	0.6
10007 Pork, fresh, separable fat, cooked 28.35 1.0 oz 0.0 10006 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised 85.0 3.0 oz 0.0 10081 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw 85.0 3.0 oz 0.0 10984 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised 85.0 3.0 oz 0.0 10953 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw 85.0 3.0 oz 0.0 10984 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised 85.0 3.0 oz 0.0 10985 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw 85.0 3.0 oz 0.0 10984 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw 85.0 3.0 oz 0.0 10945 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised 85.0 3.0 oz 0.0 10976 Pork, fresh, shoulder, arm picinic, separable lean only, cooked, praised <td>10027</td> <td>Pork, fresh, loin, whole, separable lean only, cooked, roasted</td> <td>85.0</td> <td>3.0 oz</td> <td>0.5</td>	10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	0.5
10006 Pork, fresh, separable fat, raw 28.35 1.0 oz 0.0 10081 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw 85.0 3.0 oz 0.0 10080 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw 85.0 3.0 oz 0.0 10954 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised 85.0 3.0 oz 0.0 10953 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw 85.0 3.0 oz 0.0 10085 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised 85.0 3.0 oz 0.0 10084 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised 85.0 3.0 oz 0.0 10945 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw 85.0 3.0 oz 0.0 10946 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw 85.0 3.0 oz 0.0 10075 Pork, fresh, shoulder, arm picnic, separable lean	10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	0.5
10081 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised 85.0 3.0 oz 0.0 10080 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised 85.0 3.0 oz 0.0 10954 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw 85.0 3.0 oz 0.0 10953 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw 85.0 3.0 oz 0.0 10085 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised 85.0 3.0 oz 0.0 10084 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw 85.0 3.0 oz 0.0 10945 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised 85.0 3.0 oz 0.0 10946 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw 85.0 3.0 oz 0.0 10075 Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted 85.0 3.0 oz 0.0 10076	10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0.0
10080 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw 85.0 3.0 oz 0.0 10954 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised 85.0 3.0 oz 0.0 10953 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw 85.0 3.0 oz 0.0 10084 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw 85.0 3.0 oz 0.0 10945 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw 85.0 3.0 oz 0.0 10945 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised 85.0 3.0 oz 0.0 10946 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw 85.0 3.0 oz 0.0 10975 Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised 85.0 3.0 oz 0.0 10076 Pork, fresh, shoulder, arm picnic, separable lean and fat, raw 85.0 3.0 oz 0.0 10078 Pork, fresh, shoulder, arm picnic, separable lean only, coo	10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0.0
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw 85.0 3.0 oz 0.0 10085 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised 85.0 3.0 oz 0.0 10084 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw 85.0 3.0 oz 0.0 10945 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised 10946 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw 85.0 3.0 oz 0.0 10946 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw 85.0 3.0 oz 0.0 10075 Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised 85.0 3.0 oz 0.0 10076 Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted 10074 Pork, fresh, shoulder, arm picnic, separable lean and fat, raw 85.0 3.0 oz 0.0 10078 Pork, fresh, shoulder, arm picnic, separable lean and fat, raw 85.0 3.0 oz 0.0 10079 Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised 85.0 3.0 oz 0.0 10079 Pork, fresh, shoulder, arm picnic, separable lean only, cooked, traised 85.0 3.0 oz 0.0 10079 Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted 85.0 3.0 oz 0.0 10079 Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted 85.0 3.0 oz 0.0 10070 Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted 85.0 3.0 oz 0.0 10071 Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted 85.0 3.0 oz 0.0 10076 Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted 85.0 3.0 oz 0.0 10076 Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted 85.0 3.0 oz 0.0 10076 Pork, fresh, shoulder, blade, boston (roasts),	10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
braised Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted Pork, fresh, shoulder, arm picnic, separable lean and fat, raw Pork, fresh, shoulder, arm picnic, separable lean and fat, raw Pork, fresh, shoulder, arm picnic, separable lean and fat, raw Pork, fresh, shoulder, arm picnic, separable lean and fat, raw Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted Pork, fresh, shoulder, separab	10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0.0
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw 85.0 10946 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw 85.0 10075 Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised 85.0 10076 Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted 135.0 1.0 cup, diced 0.3 10074 Pork, fresh, shoulder, arm picnic, separable lean and fat, raw 85.0 3.0 oz 0.0 10078 Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised 85.0 3.0 oz 0.0 10079 Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted 85.0 3.0 oz 0.0 10079 Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted 85.0 3.0 oz 0.0 10077 Pork, fresh, shoulder, arm picnic, separable lean only, raw 85.0 3.0 oz 0.0 10078 Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted 85.0 3.0 oz 0.0	10954		85.0	3.0 oz	0.0
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw 85.0 3.0 oz 0.0 10945 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised 10946 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw 85.0 3.0 oz 0.0 10075 Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised 85.0 3.0 oz 0.0 10076 Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted 135.0 1.0 cup, diced 0.3 10074 Pork, fresh, shoulder, arm picnic, separable lean and fat, raw 85.0 3.0 oz 0.0 10078 Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised 85.0 3.0 oz 0.0 10079 Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted 85.0 3.0 oz 0.0 10079 Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted 85.0 3.0 oz 0.0 10079 Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted 85.0 3.0 oz 0.0 10079 Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted 85.0 3.0 oz 0.3 10077 Pork, fresh, shoulder, arm picnic, separable lean only, raw 85.0 3.0 oz 0.0 10083 Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted 85.0 3.0 oz 0.0	10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw	85.0	3.0 oz	0.0
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw 85.0 3.0 oz 0.0 10946 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw 85.0 3.0 oz 0.0 10075 Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised 85.0 1.0 cup, diced 0.3 10074 Pork, fresh, shoulder, arm picnic, separable lean and fat, raw 85.0 3.0 oz 0.0 10078 Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised 85.0 3.0 oz 0.0 10079 Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted 85.0 3.0 oz 0.0 10079 Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted 85.0 3.0 oz 0.3 10077 Pork, fresh, shoulder, arm picnic, separable lean only, raw 85.0 3.0 oz 0.3 0.7 0.8 0.8 0.9 0.9 0.9 0.9 0.9 0.9	10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	0.0
braised 10946 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw 85.0 10075 Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised 85.0 10076 Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted 10074 Pork, fresh, shoulder, arm picnic, separable lean and fat, raw 85.0 1.0 cup, diced 0.3 10078 Pork, fresh, shoulder, arm picnic, separable lean and fat, raw 85.0 3.0 oz 0.0 10078 Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised 85.0 3.0 oz 0.0 10079 Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted 85.0 3.0 oz 0.0 10079 Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted 85.0 3.0 oz 0.3 10077 Pork, fresh, shoulder, arm picnic, separable lean only, raw 85.0 3.0 oz 0.0 10083 Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted 85.0 3.0 oz 0.6	10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0.0
Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised 85.0 1.0 cup, diced 0.3 10076 Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted 135.0 1.0 cup, diced 0.3 10074 Pork, fresh, shoulder, arm picnic, separable lean and fat, raw 85.0 3.0 oz 0.0 10078 Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised 85.0 3.0 oz 0.0 10079 Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted 85.0 3.0 oz 0.3 10077 Pork, fresh, shoulder, arm picnic, separable lean only, raw 85.0 3.0 oz 0.3 10077 Pork, fresh, shoulder, arm picnic, separable lean only, raw 85.0 3.0 oz 0.0 10083 Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted 85.0 3.0 oz 0.6	10945		85.0	3.0 oz	0.0
Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted 135.0 1.0 cup, diced 0.3 10074 Pork, fresh, shoulder, arm picnic, separable lean and fat, raw 85.0 3.0 oz 0.0 10078 Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised 85.0 3.0 oz 0.0 10079 Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted 85.0 3.0 oz 0.3 10077 Pork, fresh, shoulder, arm picnic, separable lean only, raw 85.0 3.0 oz 0.0 10083 Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted 85.0 3.0 oz 0.0 0.0	10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	0.0
Pork, fresh, shoulder, arm picnic, separable lean and fat, raw 85.0 10078 Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised 85.0 10079 Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted 85.0 3.0 oz 0.0 10079 Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted 85.0 3.0 oz 0.3 10077 Pork, fresh, shoulder, arm picnic, separable lean only, raw 85.0 3.0 oz 0.0 10083 Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted 85.0 3.0 oz 0.0	10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised 85.0 10079 Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted 85.0 3.0 oz 0.3 10077 Pork, fresh, shoulder, arm picnic, separable lean only, raw 85.0 3.0 oz 0.0 10083 Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted 85.0 3.0 oz 0.0 3.0 oz 0.0	10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.3
Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted 85.0 3.0 oz 0.3 Pork, fresh, shoulder, arm picnic, separable lean only, raw 85.0 3.0 oz 0.0 Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted 85.0 3.0 oz 0.6	10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	0.0
Pork, fresh, shoulder, arm picnic, separable lean only, raw 85.0 Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted 85.0 3.0 oz 0.6	10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	0.0
Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted 85.0 3.0 oz 0.6	10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	0.3
	10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	0.0
Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted 85.0 3.0 oz	10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.6
	10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	0.8

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	0.3
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	0.3
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.7
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	0.2
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.8
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	0.2
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	0.0
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	11.9
10096	Pork, fresh, variety meats and by-products, brain, raw	28.35	1.0 oz	3.8
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	0.0
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	28.35	1.0 oz	0.3
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	0.0
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	0.0
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	0.0
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	0.0
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	2.9
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	1.5
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	0.0
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	14.8
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	3.8
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	0.0
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	20.1
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	7.2
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	6.7
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	3.5
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.2
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	4.8
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	4.3
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	9.9
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	8.1
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	0.0
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	0.0
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	0.0

1074 Port, fresh, variety meats and by grodicits, tarque, cooled, brisded 28.35 1.1 town 0.0 1012 Port, fresh, variety meats and by grodicits, tarque, cooled, brisded 82.38 1.0 cool 1.2 1074 Port, ground, 28% har v 28% fat, cooked, crumbles 113.0 0.0 to you ground, 28% har v 28% fat, cooked, para-broited 82.31 3.0 to you gried parties 0.0 1077 Port, ground, 84% lean / 16% fat, cooked, para-broited 85.0 3.0 to yridled parties 0.0 1078 Port, ground, 84% lean / 16% fat, cooked, para-broited 85.0 3.0 to yridled parties 0.0 1079 Port, ground, 84% lean / 16% fat, cooked, crumbles 85.0 3.0 to yridled parties 0.0 1079 Port, ground, 84% lean / 16% fat, cooked, crumbles 85.0 3.0 to yridled parties 0.0 1079 Port, ground, 85% lean / 45% fat, cooked, crumbles 85.0 3.0 to yridled parties 0.0 1079 Port, ground, 85% lean / 45% fat, cooked, crumbles 85.0 3.0 to yridled parties 0.0 1079 Port, ground, 85% lean / 45% fat, cooked, parabolical 85.0 3.0 to yridled parties 0.0 1079 Port, ground, 85% lean / 45% fat, cooked, parabolical 85.0 3.0 to yridled parties	NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
10121 Porit, fresh, variety ments and by-products, tongue, raw 28.35 1.0 oc 1.0 oc 10974 Port, ground, 72% lean / 28% fat, cooked, crumbles 18.50 3.0 oc grilled pates 0.0 10975 Port, ground, 72% lean / 28% fat, cooked, crumbles 88.0 3.0 oc grilled paties 0.0 10978 Port, ground, 48% lean / 10% fat, croaked, pan broiled 88.0 3.0 oc grilled paties 0.0 10978 Port, ground, 48% lean / 10% fat, raw 113.0 4.0 o. 0.0 10976 Port, ground, 48% lean / 10% fat, raw 18.50 3.0 oc grilled paties 0.0 10978 Port, ground, 49% lean / 4% fat, cooked, crumbles 88.0 3.0 oc grilled paties 0.0 10979 Port, ground, 49% lean / 4% fat, cooked, pen-broiled 88.0 3.0 oc grilled paties 0.0 10979 Port, Leg vision flow from the one-less, separable lean and fat, row 18.50 3.0 oc grilled paties 0.0 10979 Port, Leg vision flow prout, boncless, separable lean and fat, cooked, broiled 85.0 3.0 oc grilled paties 0.0 10970 Port, Leg visirion flow prout, boncless, separable lean and fat, cooked,	10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	0.0
10974 Prik, ground, 72% Eart, 72% Eart, 72% Eart, 2004cd, gam-broided 1130 4.00 a. 4.00 a. 1097 70%, ground, 72% Eart, 2004cd, gam-broided 850 3.00 argitled paties 0.00 10975 Prik, ground, 18% Eart, 10% fat, croucked, prom-broided 850 3.00 argitled paties 0.00 10972 Prik, ground, 18% Eart, 10% fat, troubed, crombles 850 3.00 argitled paties 0.00 10972 Prik, ground, 18% Eart, 10% fat, troubed, crombles 850 3.00 argitled paties 0.00 10973 Prik, ground, 96% Eart, 45% fat, crooked, pran-broided 850 3.00 argitled paties 0.00 10973 Prik, ground, 96% Eart, 45% fat, crooked, pran-broided 850 3.00 argitled paties 0.00 10973 Prik, ger Stroid, 96% Eart, 45% fat, troubled 850 3.00 argitled paties 0.00 10974 Prik, ger Stroid, 96% Eart, 45% fat, crooked, broided 850 3.00 argitled paties 0.00 10975 Prik, ger Stroid, 96% Eart, 45% fat, crooked, broided 850 3.00 argitled paties 0.00 10976 Prik, Leg Stroid prik seks 3.00 argitled paties 0.00	10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	1.4
10977 Pork, ground, 72% kan/ 28% fat, cooked, pan-broiled 85.0 3.0 or grilled paties 0.0 10975 Pork, ground, 84% lean / 16% fat, cooked, crumbles 85.0 3.0 or grilled paties 0.0 10976 Pork, ground, 84% lean / 16% fat, cooked, crumbles 113.0 4.0 or 0.0 10976 Pork, ground, 95% kan / 48% fat, cooked, crumbles 85.0 3.0 or grilled paties 0.0 10979 Pork, ground, 95% kan / 48% fat, cooked, pro-broiled 85.0 3.0 or grilled paties 0.0 10979 Pork, Leg Cap Steak, boneless, separable lean and fat, cooked, pro-broiled 85.0 3.0 or grilled paties 0.0 10979 Pork, Leg Cap Steak, boneless, separable lean and fat, cooked, broiled 85.0 3.0 or grilled paties 0.0 10970 Pork, Leg Steak of Steak / 48 fat, raw 85.0 3.0 or grilled paties 0.0 10970 Pork, Leg Steak of Steak / 48 fat, raw 85.0 3.0 or grilled paties 0.0 10970 Pork, Leg Steak of Steak / 48 fat, raw 85.0 3.0 or grilled paties 0.0 10972 Pork, Leg Steak of Steak / 48 fat, raw 85.0 3.0 or	10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	1.2
10975 Prik, ground, 19% lean/ 16% fat, cooked, crumbles 85.0 3.0 or grilled parties 0.0 10978 Prik, ground, 8% lean/ 16% fat, cooked, pan-broiled 85.0 3.0 or grilled parties 0.0 10976 Pork, ground, 8% lean/ 16% fat, tow 1.0 4.0 or 0.0 10976 Pork, ground, 96% lean/ 48% fat, cooked, pan-broiled 85.0 3.0 or grilled parties 0.0 10973 Pork, ground, 96% lean/ 48% fat, cooked, pan-broiled 85.0 3.0 or grilled parties 0.0 10973 Pork, ground, 96% lean/ 48% fat, cooked, pan-broiled 85.0 3.0 or grilled parties 0.0 10976 Pork, Leg Cap Steak, boneless, separable lean and fat, raw 85.0 3.0 or grilled parties 0.0 10980 Pork, Leg sirbini tip roast, boneless, separable lean and fat, raw 85.0 3.0 or grilled parties 0.0 10976 Pork, Leg sirbini tip roast, boneless, separable lean and fat, cooked, broiled 85.0 3.0 or grilled parties 0.0 10980 Pork, circumal style, debydrated 85.0 3.0 or grilled parties 0.0 0.0 10987 Pork, Shoulder breast, boneless, separab	10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	0.0
10978 Pork, ground, 84% lean / 16% fat, cooked, pan-broiled 85.0 3.0 oz grilled paties 0.0 10972 Pork, ground, 94% lean / 16% fat, row 81.3 3.0 oz grilled paties 0.0 10976 Pork, ground, 96% lean / 4% fat, cooked, pan-broiled 85.0 3.0 oz grilled paties 0.0 10973 Pork, ground, 96% lean / 4% fat, arw 81.3 3.0 oz grilled paties 0.0 10973 Pork, Leg Cap Steak, boneless, separable lean and fat, row 85.0 3.0 oz grilled paties 0.0 10973 Pork, Leg Stebash, boneless, separable lean and fat, row 85.0 3.0 oz grilled paties 0.0 10962 Pork, Leg Stebash, boneless, separable lean and fat, row 85.0 3.0 oz grilled paties 0.0 10963 Pork, Leg Stebash, boneless, separable lean and fat, row 85.0 3.0 oz grilled paties 0.0 10964 Pork, Joinelad pork hocks 117.0 2.0 1.0 0.0 10974 Pork, Shoulder beast, boneless, separable lean and fat, cooked, broiled 85.0 3.0 oz grilled paties 0.0 10982 Pork, Shoulder beast, boneless, separable lean and fat, cooked, broiled	10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.0
10972 Pork, ground, 84% lean / 16% fat, raw 1130 40 oz 40 oz 10976 Pork, ground, 96% lean / 48 fat, cocked, crumbles 850 3.0 az grilled paties 0.0 10979 Pork, ground, 96% lean / 48 fat, cocked, pan-broiled 813 3.0 az grilled paties 0.0 10973 Pork, Leg Cap Steak, boneless, separable lean and fat, raw 850 3.0 az grilled paties 0.0 10962 Pork, Leg Steich in proast, boneless, separable lean and fat, raw 850 3.0 az 0.0 10963 Pork, Leg strion it proast, boneless, separable lean and fat, raw 850 3.0 az 0.0 10964 Pork, Leg strion it proast, boneless, separable lean and fat, row 850 3.0 az 0.0 10963 Pork, Leg strion it proast, boneless, separable lean and fat, cocked, broiled 820 3.0 az 0.0 10969 Pork, Shoulder breats, boneless, separable lean and fat, cocked, broiled 810 3.0 az 0.0 10979 Pork, Shoulder portic tender, boneless, separable lean and fat, row 810 3.0 az 3.0 az 10960 Pork, Shoulder petite tender, boneless, separable lean and fat, row <t< td=""><td>10975</td><td>Pork, ground, 84% lean / 16% fat, cooked, crumbles</td><td>85.0</td><td>3.0 oz grilled patties</td><td>0.0</td></t<>	10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.0
10976 Pork, ground, 96% lean / 48% fat, cooked, rumbles 85.0 3.0 or grilled parties 0.0 10979 Pork, ground, 96% lean / 48% fat, cooked, pan-brild 85.0 3.0 or grilled parties 0.0 10973 Pork, ground, 96% lean / 48% fat, rew 113.0 4.0 o.0 0.0 10975 Pork, Leg Cap Steak, boneless, separable lean and fat, raw 85.0 3.0 o.0 0.0 10962 Pork, Leg sirloin úp roast, boneless, separable lean and fat, raw 85.0 3.0 o.0 0.0 10963 Pork, Leg sirloin úp roast, boneless, separable lean and fat, raw 85.0 3.0 o.0 0.0 10964 Pork, Join, leg cap steak, boneless, separable lean and fat, row 85.0 3.0 o.0 0.0 10976 Pork, Join-leg cap steak, boneless, separable lean and fat, row 20.0 1.0 3.0 o.0 0.0 10989 Pork, Shoulder breast, boneless, separable lean and fat, row 85.0 3.0 o.0 0.0 10999 Pork, Shoulder pétite tender, boneless, separable lean and fat, row 105.0 9.0 1.0 p.0 1.0 p.0 1.0 p.0 1.0 1.0 1.0 1.0	10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.0
10079 Pork, ground, 96% lean / 4% fat, ecoked, pan-broiled 85.0 3.0 or grilled pating 10973 Pork, Leg Cap Steak, boneless, separable lean and fat, raw 85.0 3.0 cz 0.0 10957 Pork, Leg Sirbin tip roast, boneless, separable lean and fat, raw 85.0 3.0 cz 0.0 10962 Pork, Leg sirbin tip roast, boneless, separable lean and fat, raw 85.0 3.0 cz 0.0 10956 Pork, Leg sirbin tip roast, boneless, separable lean and fat, cooked, broiled 85.0 3.0 cz 0.0 10956 Pork, leg cap stack, boneless, separable lean and fat, cooked, broiled 85.0 3.0 cz 0.0 4297 Pork, cickael glork bocks 117.0 3.0 cz 0.0 1098 Pork, Shoulder breast, boneless, separable lean and fat, row 85.0 3.0 cz 0.0 1098 Pork, Shoulder breast, boneless, separable lean and fat, row 85.0 3.0 cz 0.0 1098 Pork, Shoulder petite tender, boneless, separable lean and fat, row 85.0 3.0 cz 0.0 1096 Pork, Shoulder petite tender, boneless, separable lean and fat, row 185.0 2.0 1.0 piec <td>10972</td> <td>Pork, ground, 84% lean / 16% fat, raw</td> <td>113.0</td> <td>4.0 oz</td> <td>0.0</td>	10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	0.0
10973 Pork, ground, 96% lean / 4% fat, raw 1130 4.00 cm 100	10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.0
10957 Pork, Leg Cap Sieak, boneless, separable lean and fat, raw 85.0 3.0 oz 0.0 10962 Pork, Leg sirioin tip roast, boneless, separable lean and fat, raw 85.0 3.0 oz 0.0 10963 Pork, Leg sirioin tip roast, boneless, separable lean and fat, raw 85.0 3.0 oz 0.0 10956 Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled 85.0 3.0 oz 0.0 43297 Pork, driental style, dehydrated 22.0 1.0 cup 0.0 10898 Pork, criental style, dehydrated 85.0 3.0 oz 0.0 10959 Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled 85.0 3.0 oz 0.0 10958 Pork, Shoulder breast, boneless, separable lean and fat, raw 105.0 3.0 oz 0.0 10958 Pork, Shoulder breast, boneless, separable lean and fat, raw 105.0 3.0 oz 0.0 10961 Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled 92.0 1.0 piece 0.0 10962 Pork, Shoulder, petite tender, boneless, separable lean and fat, cooked, broiled 28.3 1.0 piece<	10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.0
10962 Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised 85.0 3.0 oz 0.0 10963 Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw 85.0 3.0 oz 0.0 10956 Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, broiled 85.0 3.0 oz 0.0 43297 Pork, oriental style, debydrated 12.0 1.0 cup 0.0 10898 Pork, pickled pork hocks 117.0 3.0 oz 0.0 10959 Pork, Shoulder breast, boneless, separable lean and fat, raw 85.0 3.0 oz 0.0 10958 Pork, Shoulder breast, boneless, separable lean and fat, raw 85.0 3.0 oz 0.0 10958 Pork, Shoulder petite tender, boneless, separable lean and fat, raw 105.0 1.0 piece 0.0 10960 Pork, Shoulder petite tender, boneless, separable lean and fat, cooked, broiled 92.0 1.0 piece 0.0 10960 Pork, Shoulder, petite tender, boneless, separable lean and fat, cooked, broiled 28.3 1.0 oz 0.7 11413 Potato chips, without salt, reduced fat 28.3 1.0 oz	10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	0.0
10963 Pork, Leg sirfoin tip roast, boncless, separable lean and fat, raw 85.0 3.0 oz 0.0 10956 Pork, loin, leg cap steak, boncless, separable lean and fat, cooked, broiled 85.0 3.0 oz 0.0 43297 Pork, nichtal style, dehydrated 22.0 1.0 cup 0.0 10898 Pork, pickled pork bocks 117.0 3.0 oz 0.0 10959 Pork, Shoulder breast, boncless, separable lean and fat, raw 85.0 3.0 oz 0.0 10958 Pork, Shoulder breast, boncless, separable lean and fat, raw 85.0 3.0 oz 0.0 10961 Pork, Shoulder petite tender, boncless, separable lean and fat, raw 105.0 1.0 picce 0.0 10960 Pork, Shoulder, petite tender, boncless, separable lean and fat, raw 105.0 1.0 picce 0.0 10960 Pork, Shoulder, petite tender, boncless, separable lean and fat, raw 105.0 1.0 picce 0.0 10960 Pork, Shoulder, petite tender, boncless, separable lean and fat, raw 105.0 1.0 picce 0.0 10961 Pork, Shoulder, petite tender, boncless, separable lean and fat, raw 105.0 2.3	10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	0.0
10956 Pork, Ioin, Ieg cap steak, boneless, separable lean and fat, cooked, broiled 850 3.0 or 0.0 43297 Pork, oriental style, dehydrated 22.0 1.0 cup 0.0 10888 Pork, pickled pork hocks 117.0 3.0 or 0.0 10959 Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled 85.0 3.0 or 0.0 10958 Pork, Shoulder pretist ender, boneless, separable lean and fat, raw 105.0 1.0 piece 0.0 10961 Pork, Shoulder petite tender, boneless, separable lean and fat, raw 105.0 1.0 piece 0.0 10960 Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled 22.0 1.0 piece 0.0 10960 Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled 29.0 1.0 piece 0.0 10960 Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled 29.0 1.0 piece 0.0 11413 Potato chips, without salt, reduced fat 28.3 1.0 or 1.0 or 11572 Potato pating, frozen, oven-beated 20.0 1.0 small 2-34 in,	10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
43297 Pork, oriental style, dehydrated 22.0 1.0 cup 0.0 10898 Pork, pickled pork hocks 117.0 3.0 oz 0.0 10959 Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled 85.0 3.0 oz 0.0 10968 Pork, Shoulder breast, boneless, separable lean and fat, raw 85.0 3.0 oz 0.0 10960 Pork, Shoulder petite tender, boneless, separable lean and fat, raw 105.0 1.0 piece 0.0 10960 Pork, shoulder, petite tender, boneless, separable lean and fat, raw 105.0 1.0 piece 0.0 10960 Pork, shoulder, petite tender, boneless, separable lean and fat, raw 105.0 1.0 piece 0.0 10960 Pork, shoulder, petite tender, boneless, separable lean and fat, raw 105.0 1.0 piece 0.0 10960 Portato chips, without salt, reduced fat 28.35 1.0 oz 7.3 11413 Potato park Potato park 28.35 1.0 oz 7.3 1142 Potato puffs, frozen, oven-heated 7.0 1.0 small 2-3/4 in. dia, 5/8 in. thick. 6.1 113	10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.0
10898 Pork, pickled pork bocks 117.0 3.0 oz 0.0 10959 Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled 85.0 3.0 oz 0.0 10958 Pork, Shoulder breast, boneless, separable lean and fat, raw 85.0 3.0 oz 0.0 10961 Pork, Shoulder petite tender, boneless, separable lean and fat, raw 105.0 1.0 piece 0.0 10960 Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled 92.0 1.0 piece 0.0 19823 Potato chips, without salt, reduced fat 28.35 1.0 piece 0.0 19823 Potato plins, frozen, swithout salt, reduced fat 28.35 1.0 cup 6.1 11413 Potato plancakes 22.0 1.0 small 2-3/4 in. dia., 5/8 in. thick. 6.1 11399 Potato purfis, frozen, oven-heated 79.0 10.0 purfis 3.2 11398 Potato purfis, frozen, unprepared 120.0 1.0 cup 8.5 12971 Potato salad with egg 25.0 5.0 cup 1.0 cup 2.5 1998 Potato salad with egg	10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.0
10959 Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled 85.0 3.0 oz 0.0 10958 Pork, Shoulder breast, boneless, separable lean and fat, raw 85.0 3.0 oz 0.0 10961 Pork, Shoulder petite tender, boneless, separable lean and fat, raw 105.0 1.0 piece 0.0 10960 Pork, Shoulder, petite tender, boneless, separable lean and fat, cooked, broiled 92.0 1.0 piece 0.0 19823 Potato chips, without salt, reduced fat 28.35 1.0 oz 7.3 11413 Potato flour 160.0 1.0 small 2-3/4 in, dia., 5/8 in, thick. 6.1 11672 Potato pancakes 22.0 1.0 small 2-3/4 in, dia., 5/8 in, thick. 6.1 11399 Potato puffs, frozen, oven-heated 79.0 10.0 puffs 3.2 11398 Potato puffs, frozen, umprepared 125.0 0.10 cup 8.3 22971 Potato salad with egg 125.0 0.5 cup 25.0 1144 Potato salad with egg 250.0 1.0 cup 25.0 11385 Potatoes, au gratin, dry mix, prepared with water, whole milk	43297	Pork, oriental style, dehydrated	22.0	1.0 cup	0.0
10958 Pork, Shoulder breast, boneless, separable lean and fat, raw 85.0 3.0 oz 0.0 10961 Pork, Shoulder petite tender, boneless, separable lean and fat, raw 105.0 1.0 piece 0.0 10960 Pork, Shoulder, petite tender, boneless, separable lean and fat, cooked, broiled 92.0 1.0 piece 0.0 19823 Potato chips, without salt, reduced fat 28.35 1.0 oz 7.3 11413 Potato flour 160.0 1.0 small 2-3/4 in, dia., 5/8 in, thick. 6.1 11672 Potato parcakes 22.0 1.0 small 2-3/4 in, dia., 5/8 in, thick. 6.1 11399 Potato puffs, frozen, oven-heated 79.0 10.0 puffs 3.2 11398 Potato puffs, frozen, unprepared 120.0 1.0 cup 8.3 22971 Potato salad with egg 125.0 0.5 cup 1.0 11414 Potato salad with egg 250.0 1.0 cup 25.0 0669 Potato soup, instant, dry mix 39.0 1.0 serving 1/3 cup 6.2 11384 Potatoes, au gratin, dry mix, unprepared 26.0 0.167 package	10898	Pork, pickled pork hocks	117.0	3.0 oz	0.0
10961 Pork, Shoulder petite tender, boneless, separable lean and fat, raw 105.0 1.0 piece 0.0 10960 Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled 92.0 1.0 piece 0.0 19823 Potato chips, without salt, reduced fat 28.35 1.0 oz 7.3 11413 Potato flour 160.0 1.0 small 2-3/4 in. dia., 5/8 in. thick. 6.1 11672 Potato pancakes 22.0 1.0 small 2-3/4 in. dia., 5/8 in. thick. 6.1 11399 Potato puffs, frozen, oven-heated 79.0 10.0 puffs 3.2 11398 Potato puffs, frozen, unprepared 120.0 1.0 cup 8.3 22971 Potato salad with egg 125.0 0.5 cup 1.0 11414 Potato salad, home-prepared 250.0 1.0 cup 25.0 06969 Potato soup, instant, dry mix 39.0 1.0 serving 1/3 cup 6.2 11384 Potatoes, au gratin, dry mix, unprepared 26.0 0.167 package (5.5 oz) yields 4.2 11384 Potatoes, au gratin, home-prepared from recipe using butter 245.0 </td <td>10959</td> <td>Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled</td> <td>85.0</td> <td>3.0 oz</td> <td>0.0</td>	10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.0
10960 Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled 92.0 1.0 piece 0.0 19823 Potato chips, without salt, reduced fat 28.35 1.0 oz 7.3 11413 Potato flour 160.0 1.0 small 2-34 in. dia., 5/8 in. thick. 6.1 11672 Potato pancakes 22.0 1.0 small 2-34 in. dia., 5/8 in. thick. 6.1 11399 Potato puffs, frozen, oven-heated 79.0 10.0 puffs 3.2 11398 Potato puffs, frozen, unprepared 120.0 1.0 cup 8.3 22971 Potato salad with egg 125.0 0.5 cup 1.0 11414 Potato salad, home-prepared 250.0 1.0 cup 25.0 06969 Potato soup, instant, dry mix 39.0 1.0 serving 1/3 cup 6.2 11385 Potatoes, au gratin, dry mix, prepared with water, whole milk and butter 137.0 0.167 package (5.5 oz) yields 4.2 11384 Potatoes, au gratin, home-prepared from recipe using butter 245.0 0.167 package (5.5 oz) 4.0 11373 Potatoes, au gratin, home-prepared from recipe u	10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.0
19823 Potato chips, without salt, reduced fat 28.35 1.0 oz 7.3 11413 Potato flour 160.0 1.0 cup 6.1 11672 Potato pancakes 22.0 1.0 small 2-3/4 in. dia., 5/8 in. thick. 6.1 11399 Potato puffs, frozen, oven-heated 79.0 10.0 puffs 3.2 11398 Potato puffs, frozen, unprepared 120.0 1.0 cup 8.3 22971 Potato salad with egg 125.0 0.5 cup 1.0 11414 Potato salad, home-prepared 250.0 1.0 cup 25.0 06969 Potato soup, instant, dry mix 39.0 1.0 serving 1/3 cup 6.2 11385 Potatoes, au gratin, dry mix, prepared with water, whole milk and butter 137.0 0.167 package (5.5 oz) yields 4.2 11384 Potatoes, au gratin, dry mix, unprepared 26.0 0.167 package (5.5 oz) 4.0 11373 Potatoes, au gratin, home-prepared from recipe using butter 245.0 0.167 package (5.5 oz) 4.3 11843 Potatoes, au gratin, home-prepared from recipe using margarine 245.0 0.0	10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	0.0
11413 Potato flour 160.0 1.0 cup 6.1 11672 Potato pancakes 22.0 1.0 small 2-3/4 in. dia., 5/8 in. thick. 6.1 11399 Potato puffs, frozen, oven-heated 79.0 10.0 puffs 3.2 11398 Potato puffs, frozen, unprepared 120.0 1.0 cup 8.3 22971 Potato salad with egg 125.0 0.5 cup 1.0 11414 Potato salad, home-prepared 250.0 1.0 serving 1/3 cup 25.0 06969 Potato soup, instant, dry mix 39.0 1.0 serving 1/3 cup 6.2 11385 Potatoes, au gratin, dry mix, prepared with water, whole milk and butter 137.0 0.167 package (5.5 oz) yields 4.2 11384 Potatoes, au gratin, dry mix, unprepared 26.0 0.167 package (5.5 oz) 4.0 11373 Potatoes, au gratin, home-prepared from recipe using butter 245.0 1.0 cup 24.3 11843 Potatoes, au gratin, home-prepared from recipe using margarine 245.0 1.0 cup 24.3 11828 Potatoes, baked, flesh and skin, with salt 61.0 0	10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	0.0
11672 Potato pancakes 22.0 1.0 small 2-3/4 in. dia., 5/8 in. thick. 6.1 11399 Potato puffs, frozen, oven-heated 79.0 10.0 puffs 3.2 11398 Potato puffs, frozen, unprepared 120.0 1.0 cup 8.3 22971 Potato salad with egg 125.0 0.5 cup 1.0 11414 Potato salad, home-prepared 250.0 1.0 cup 25.0 06969 Potato soup, instant, dry mix 39.0 1.0 serving 1/3 cup 6.2 11385 Potatoes, au gratin, dry mix, prepared with water, whole milk and butter 137.0 0.167 package (5.5 oz) yields 4.2 11384 Potatoes, au gratin, dry mix, unprepared 26.0 0.167 package (5.5 oz) 4.0 11373 Potatoes, au gratin, home-prepared from recipe using butter 245.0 0.167 package (5.5 oz) 4.0 11843 Potatoes, au gratin, home-prepared from recipe using margarine 245.0 1.0 cup 24.3 11828 Potatoes, baked, flesh and skin, with salt 61.0 0.5 cup 5.9	19823	Potato chips, without salt, reduced fat	28.35	1.0 oz	7.3
11399 Potato puffs, frozen, oven-heated 79.0 10.0 puffs 3.2 11398 Potato puffs, frozen, unprepared 120.0 1.0 cup 8.3 22971 Potato salad with egg 125.0 0.5 cup 1.0 11414 Potato salad, home-prepared 250.0 1.0 cup 25.0 06969 Potato soup, instant, dry mix 39.0 1.0 serving 1/3 cup 6.2 11385 Potatoes, au gratin, dry mix, prepared with water, whole milk and butter 137.0 0.167 package (5.5 oz) yields 4.2 11384 Potatoes, au gratin, dry mix, unprepared 26.0 0.167 package (5.5 oz) 4.0 11373 Potatoes, au gratin, home-prepared from recipe using butter 245.0 1.0 cup 24.3 11843 Potatoes, au gratin, home-prepared from recipe using margarine 245.0 1.0 cup 24.3 11828 Potatoes, baked, flesh and skin, with salt 61.0 0.5 cup 5.9	11413	Potato flour	160.0	1.0 cup	6.1
11398 Potato puffs, frozen, unprepared 120.0 1.0 cup 8.3 22971 Potato salad with egg 125.0 0.5 cup 1.0 11414 Potato salad, home-prepared 250.0 1.0 cup 25.0 06969 Potato soup, instant, dry mix 39.0 1.0 serving 1/3 cup 6.2 11385 Potatoes, au gratin, dry mix, prepared with water, whole milk and butter 137.0 0.167 package (5.5 oz) yields 4.2 11384 Potatoes, au gratin, dry mix, unprepared 26.0 0.167 package (5.5 oz) 4.0 11373 Potatoes, au gratin, home-prepared from recipe using butter 245.0 1.0 cup 24.3 11843 Potatoes, au gratin, home-prepared from recipe using margarine 245.0 1.0 cup 24.3 11828 Potatoes, baked, flesh and skin, with salt 61.0 0.5 cup 5.9	11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	6.1
22971 Potato salad with egg 125.0 0.5 cup 1.0 11414 Potato salad, home-prepared 250.0 1.0 cup 25.0 06969 Potato soup, instant, dry mix 39.0 1.0 serving 1/3 cup 6.2 11385 Potatoes, au gratin, dry mix, prepared with water, whole milk and butter 137.0 0.167 package (5.5 oz) yields 4.2 11384 Potatoes, au gratin, dry mix, unprepared 26.0 0.167 package (5.5 oz) 4.0 11373 Potatoes, au gratin, home-prepared from recipe using butter 245.0 1.0 cup 24.3 11843 Potatoes, au gratin, home-prepared from recipe using margarine 245.0 1.0 cup 24.3 11828 Potatoes, baked, flesh and skin, with salt 61.0 0.5 cup 5.9	11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	3.2
Potato salad, home-prepared 250.0 1.0 cup 25.0 66969 Potato soup, instant, dry mix 39.0 1.0 serving 1/3 cup 6.2 11385 Potatoes, au gratin, dry mix, prepared with water, whole milk and butter 137.0 0.167 package (5.5 oz) yields 4.2 11384 Potatoes, au gratin, dry mix, unprepared 26.0 0.167 package (5.5 oz) 4.0 11373 Potatoes, au gratin, home-prepared from recipe using butter 245.0 1.0 cup 24.3 11843 Potatoes, au gratin, home-prepared from recipe using margarine 245.0 1.0 cup 24.3 11828 Potatoes, baked, flesh and skin, with salt 61.0 0.5 cup 5.9	11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	8.3
Potato soup, instant, dry mix Potatoes, au gratin, dry mix, prepared with water, whole milk and butter 137.0 1.0 serving 1/3 cup 6.2 1384 Potatoes, au gratin, dry mix, unprepared 26.0 1.0 cup 24.3 Potatoes, au gratin, home-prepared from recipe using butter 245.0 Potatoes, au gratin, home-prepared from recipe using margarine 245.0 Potatoes, au gratin, home-prepared from recipe using margarine 245.0 1.0 cup 24.3 Potatoes, baked, flesh and skin, with salt 61.0 0.5 cup 5.9	22971	Potato salad with egg	125.0	0.5 cup	1.0
Potatoes, au gratin, dry mix, prepared with water, whole milk and butter 137.0 0.167 package (5.5 oz) yields 4.2 11384 Potatoes, au gratin, dry mix, unprepared 26.0 0.167 package (5.5 oz) 4.0 11373 Potatoes, au gratin, home-prepared from recipe using butter 245.0 1.0 cup 24.3 11828 Potatoes, baked, flesh and skin, with salt 61.0 0.5 cup 5.9	11414	Potato salad, home-prepared	250.0	1.0 cup	25.0
Potatoes, au gratin, dry mix, unprepared 26.0 0.167 package (5.5 oz) 4.0 11373 Potatoes, au gratin, home-prepared from recipe using butter 245.0 1.0 cup 24.3 11843 Potatoes, au gratin, home-prepared from recipe using margarine 245.0 1.0 cup 24.3 11828 Potatoes, baked, flesh and skin, with salt 61.0 0.5 cup 5.9	06969	Potato soup, instant, dry mix	39.0	1.0 serving 1/3 cup	6.2
Potatoes, au gratin, home-prepared from recipe using butter 245.0 1.0 cup 24.3 Potatoes, au gratin, home-prepared from recipe using margarine 245.0 1.0 cup 24.3 Potatoes, baked, flesh and skin, with salt 61.0 0.5 cup 5.9	11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	137.0	0.167 package (5.5 oz) yields	4.2
Potatoes, au gratin, home-prepared from recipe using margarine 245.0 1.0 cup 24.3 Potatoes, baked, flesh and skin, with salt 61.0 0.5 cup 5.9	11384	Potatoes, au gratin, dry mix, unprepared	26.0	0.167 package (5.5 oz)	4.0
Potatoes, baked, flesh and skin, with salt 61.0 0.5 cup 5.9	11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	24.3
	11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	24.3
Potatoes, baked, flesh and skin, without salt 148.0 1.0 NLEA serving 14.2	11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	5.9
	11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	14.2

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	7.8
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	7.8
11830	Potatoes, baked, skin only, with salt	58.0	1.0 skin	7.8
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	7.8
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	10.1
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	10.1
11832	Potatoes, boiled, cooked in skin, skin, with salt	34.0	1.0 skin	1.8
11366	Potatoes, boiled, cooked in skin, skin, without salt	34.0	1.0 skin	1.8
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	5.8
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	5.8
11376	Potatoes, canned, drained solids	180.0	1.0 cup	9.2
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	9.2
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	22.8
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	14.8
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	6.5
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	15.4
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	65.0	10.0 strips	11.2
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	74.0	10.0 strip	9.8
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	5.5
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	4.8
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	6.3
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	8.1
31031	Potatoes, french fried, cross cut, frozen, unprepared	85.0	3.0 oz	4.8
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	3.7
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	3.0
31030	Potatoes, french fried, steak cut, salt not added in processing, frozen, unprepared	85.0	3.0 oz	5.9
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	28.2
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	133.0	10.0 strip	18.6
31029	Potatoes, french fried, wedge cut, frozen, unprepared	85.0	3.0 oz	4.3
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	4.8
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	3.1
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	4.1
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	25.8
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	10.0
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	8.6

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	170.0	1.0 package (6 oz)	9.7
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	20.3
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	3.5
31021	Potatoes, hash brown, refrigerated, unprepared	159.0	1.0 cup unprepared	7.8
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	48.6
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	32.0
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	74.0
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	20.4
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	20.4
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	13.6
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	12.6
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	13.0
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	12.6
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	22.0
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	12.6
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	0.2
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	202.0	1.0 potato (2-3/4" dia by 4-3/4" long)	30.5
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	11.8
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	11.8
11369	Potatoes, microwaved, cooked in skin, skin, without salt	58.0	1.0 skin	8.9
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	30.5
11836	Potatoes, microwaved, cooked, in skin, skin with salt	58.0	1.0 skin	8.9
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	32.4
11362	Potatoes, raw, skin	38.0	1.0 skin	4.3
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	37.7
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	6.4
11361	Potatoes, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	1.4
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	24.8
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	4.3
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245.0	1.0 cup (unprepared)	8.1
11386	Potatoes, scalloped, dry mix, unprepared	26.0	0.167 package (5.5 oz)	4.3
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	26.0
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	26.0
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	37.7
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	6.8

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
31027	Potatoes, yellow fleshed, french fried, frozen, unprepared	85.0	3.0 oz	9.3
31028	Potatoes, yellow fleshed, hash brown, shredded, salt added in processing, frozen, unprepared	85.0	3.0 oz	6.6
31026	Potatoes, yellow fleshed, roasted, salt added in processing, frozen, unprepared	85.0	3.0 oz	5.1
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	145.0	5.0 pieces 1 serving	12.0
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	0.1
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	3.4
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	6.8
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	4.5
35201	Prairie Turnips, boiled (Northern Plains Indians)	14.0	1.0 bulb	0.3
35200	Prairie Turnips, raw (Northern Plains Indians)	12.6	1.0 bulb peeled	0.7
06994	PREGO Pasta, Chunky Garden Combination Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.3
06220	PREGO Pasta, Chunky Garden Mushroom and Green Pepper Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	3.6
06221	PREGO Pasta, Chunky Garden Mushroom Supreme Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.3
06995	PREGO Pasta, Chunky Garden Tomato, Onion and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	3.8
06222	PREGO Pasta, Diced Onion and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	1.2
06223	PREGO Pasta, Flavored with Meat Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.3
06224	PREGO Pasta, Fresh Mushroom Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.3
06225	PREGO Pasta, Garlic Supreme Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	1.2
06234	PREGO Pasta, Heart Smart- Ricotta Parmesan Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	2.4
06237	PREGO Pasta, Heart Smart- Roasted Red Pepper and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	2.4
27033	PREGO Pasta, Heart Smart- Traditional Sauce, ready-to-serve	130.0	0.5 cup	2.3
06226	PREGO Pasta, Italian Sausage and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	1.2
06228	PREGO Pasta, Mini Meatball Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.3
06229	PREGO Pasta, Mushroom and Garlic Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	1.2
06231	PREGO Pasta, Mushroom and Parmesan Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	1.2
06232	PREGO Pasta, Organic Mushroom Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	4.8
06233	PREGO Pasta, Organic Tomato and Basil Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	6.0
06236	PREGO Pasta, Roasted Garlic Parmesan Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	1.2
06239	PREGO Pasta, Tomato, Basil and Garlic Italian Sauce, ready-to-serve	125.0	1.0 serving 1/2 cup	1.2
06932	PREGO Pasta, Traditional Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	2.3
06240	PREGO Pasta, Zesty Mushroom Italian Sauce, ready-to-serve	130.0	1.0 serving 1/2 cup	0.0
43109	Pretzels, soft	143.0	1.0 large	0.0
25024	Pretzels, soft, unsalted	143.0	1.0 large	0.0
35199	Prickly pears, broiled (Northern Plains Indians)	7.5	1.0 pad	0.5
09287	Prickly pears, raw	149.0	1.0 cup	20.9

35198 Prickly pounts myRoment Plains Editatis 4.0 1.0 2.1 01221 Protein supplement, milk based, Muscle Milk Light, powder 500 2.0 20.0 20.0 10228 Protein supplement, milk based, Muscle Milk, powder 11.0 1.0 1.0 3.3 10294 Pruze juica, carmed 250 1.0 1.0 10.5 69288 Pruzes, canned, heavy syrap pack, solids and liquids 2340 1.0 1.0 6.0 69290 Pruzes, schelydrated (dow-mointure), strescoked 2800 1.0 0.0 6.0 69291 Pruzes, chelydrated (dow-mointure), strescoked 2800 1.0 0.0 6.0 1933 Inditing, Infrared, and prove weethy checkedine, for seal not syrate 1.20 0.0 1.0 0.0 1.0 0.0 1.0 1.0 0.0 1.0 1.0 0.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0 1.0	NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
09223 Protein supplement, milk based, Muscle Milk, powder 11.0 1.0 tous 0.03 09244 Prume puese 36.0 2.0 tous 1.0 cup 0.05 09288 Prunes, cannod, heavy symp puck, solids and liquids 234.0 0.0 tous 6.6 09200 Prunes, chydynated dow-moisture), stewed 280.0 1.0 cup 0.0 09202 Prunes, chydynated dow-moisture), stewed 1820.0 1.0 cup 0.0 19333 Polding, end, chydynated dow-moisture), steword 1820.0 1.0 cup 0.0 19333 Polding, end, chydynated dow-moisture), steword 1820.0 1.0 cup 0.0 19333 Polding, end, chydynated dow-moisture), steword 1820.0 1.0 cup 0.0 19333 Polding, end, chydynated dow-moisture), steword with steward 1820.0 1.0 cup 0.0 19338 Polding, all flavors except chocolate, or cubric, instant, dry mix 1830.0 1.0 peckage (35.0 cu) 0.0 19319 Polding, shaman, dry mix, instant, prepared with whole milk 127.0 0.0 0.0 0.0 0.0 0.0 <	35198	Prickly pears, raw (Northern Plains Indians)	19.0	1.0 pad peeled	2.1
89244 Prine pierce 2560 1.0 cup 6.0 69423 Prine pierce 360 2.0 tissg 1.5 69285 Pierce, camed, newly symp pock, solids and liquids 2340 1.0 cup 6.6 69290 Pierce, dehydrated (low-moisture), stewed 2800 1.0 cup 0.0 02890 Praces, dehydrated (low-moisture), stewed 1220 1.0 cup 0.0 43333 Pakling, kenned, day inst, singular, perspaced with sagar, egg yalk and water 1270 0.0 0.0 44260 Paklings, all flavors except chocultate, low calorie, instant, dry mix 8.0 1.0 serving 0.0 44279 Paklings, all flavors except chocultate, low calorie, regular, dry mix 1913 0.1 percentage (section) 0.0 44289 Paklings, ball flavors except chocultate, low calorie, regular, dry mix 1912 0.0	01224	Protein supplement, milk based, Muscle Milk Light, powder	50.0	2.0 scoop	21.0
9423 Prune puree 360 20 tesp 1.5 0288 Prunes, cannot, heavy syntp pack, solids and liquids 234.0 1.0 cup 6.6 9290 Prunes, dehydrated (low-moisture), stewed 280.0 1.0 cup 0.0 0288 Prunes, dehydrated (low-moisture), stewed 132.0 1.0 cup 0.0 19333 Paddings, all flavors except chocolate, low caloric, instant, dry mix 8.0 1.0 serving 0.0 44260 Paddings, all flavors except chocolate, low caloric, negalar, dry mix 8.0 1.0 serving 0.0 19318 Paddings, bannan, dry mix, instant, prepared with work mix 197.0 0.0 1.0 package (3.5 cz) 0.0 19319 Paddings, bannan, dry mix, instant, prepared with whole mix 127.0 0.5 cup 0.0 19320 Paddings, bannan, dry mix, instant, with added oil 99.0 1.0 package (3.5 cz) 0.0 19321 Paddings, bannan, dry mix, regular, prepared with whole milk 127.0 0.5 cup Frun 19211 1.0 19322 Paddings, bannan, dry mix, regular, prepared with whole milk 127.0 0.0 1.0	01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	3.3
99288 Prunes, cenned, heavy syrup pack, solids and liquids 234,0 1.0 cup 6.6 99290 Prunes, delydrated (low-moisture), stewed 280,0 1.0 cup 0.0 0289 Prunes, delydrated (low-moisture), uncoded 132,0 1.0 cup 0.0 1933 Paddings, lemon, dry mix, regular, prepared with sugar, egg yolk and water 127,0 0.5 cup 0.0 44269 Paddings, all flavors except chocolate, low calorie, instant, dry mix 113,0 1.0 package (3.5 co) 0.0 19318 Paddings, blancas, dry mix, instant, prepared with 2% milk 147,0 0.5 cup From 1991 1.2 19319 Paddings, bannan, dry mix, instant, prepared with whole milk 127,0 0.0 1.0 package (3.5 co) 0.0 1932 Paddings, bannan, dry mix, regular, prepared with 2% milk 142,0 0.5 cup From 1991 1.2 1932 Paddings, bannan, dry mix, regular, prepared with 2% milk 142,0 0.5 cup From 1921 1.0 1932 Paddings, bannan, dry mix, regular, prepared with 2% milk 142,0 0.5 cup From 1921 1.0 1932 Paddings, bannan, dry mix, regular, my regular with added oil	09294	Prune juice, canned	256.0	1.0 cup	10.5
69290 Prunes, dehydrated (low-moisture), uscooked 1820 1.0 cup 0.0 9289 Prunes, dehydrated (low-moisture), uscooked 1320 1.0 cup 0.0 9333 Pudding, letmon, dry mix, regular, prepared with sugar, egg yolk and water 127.0 0.5 cup 0.0 4420 Puddings, all flavors except chocolate, low caloric, regular, dry mix 113.0 1.0 serving 0.0 19318 Puddings, lamana, dry mix, instant 99.0 1.0 package (3.5 cop 0.0 19318 Puddings, banana, dry mix, instant 99.0 1.0 package (3.5 cop 0.0 19321 Puddings, banana, dry mix, instant, prepared with whole milk 127.0 0.5 cup From 1991 1.2 19330 Puddings, banana, dry mix, instant, prepared with whole milk 127.0 0.5 cup From 1991 1.2 19321 Puddings, banana, dry mix, regular, prepared with 2% milk 142.0 0.5 cup From 1991 1.0 19321 Puddings, banana, dry mix, regular, prepared with 2% milk 142.0 0.5 cup From 1991 1.0 19321 Puddings, banana, dry mix, regular, with added oil 80 1.0 package (3.5 cop	09423	Prune puree	36.0	2.0 tbsp	1.5
69289 Prunes, dehydrated (low-moisture), uncooked 132.0 1.0 cup 0.0 19333 Padding, ell mon, dry mix, regular, prepared with sugar, egg yolk and water 127.6 0.5 cup 0.0 44269 Paddings, all flavors except chocolate, low calorie, regular, dry mix 8.0 1.0 serving 0.0 44299 Paddings, all flavors except chocolate, low calorie, regular, dry mix 113.0 1.0 package (3.5 oz) 0.0 19318 Paddings, hanama, dry mix, instant 99.0 1.0 package (3.5 oz) 0.0 19212 Paddings, hanama, dry mix, instant, prepared with 8 milk 127.0 0.5 cup From 1919 1.2 19319 Paddings, hanama, dry mix, instant, prepared with whole milk 127.0 0.5 cup From 1921 0.0 19705 Paddings, hanama, dry mix, regular 88.0 1.0 package (3.5 oz) 0.0 19321 Paddings, hanama, dry mix, regular, prepared with whole milk 127.0 0.5 cup From 19211 1.0 19321 Paddings, hanama, dry mix, regular, prepared with whole milk 127.0 0.5 cup From 19211 1.0 19322 Paddings, chocolate, flavor, low calorie, regular, dry mix	09288	Prunes, canned, heavy syrup pack, solids and liquids	234.0	1.0 cup	6.6
1933 Padding, kmon, dry mix, regular, prepared with sugar, egg yolk and water 127.0 0.5 cmp 0.0 44200 Puddings, all flavors except chocolate, low calorie, instant, dry mix 8.0 1.0 serving 0.0 44259 Puddings, blaman, dry mix, instant 99.0 1.0 package (3.5 cs) 0.0 19121 Puddings, bannan, dry mix, instant, prepared with whole milk 127.0 0.5 cmp From 1919 1.2 19319 Puddings, bannan, dry mix, instant, with added oil 127.0 0.5 cmp From 1919 1.2 19310 Puddings, bannan, dry mix, regular 88.0 1.0 package (3.1 cs) 0.0 19321 Puddings, bannan, dry mix, regular prepared with whole milk 127.0 0.5 cmp From 1921 1.0 19321 Puddings, bannan, dry mix, regular, prepared with whole milk 127.0 0.5 cmp From 1921 1.0 19321 Puddings, bannan, dry mix, regular, with added oil 88.0 1.0 package (3.1 cs) 0.0 19321 Puddings, chocolate, dry mix, regular, with added oil 87.0 1.0 0.5 19321 Puddings, chocolate, dry mix, regular, with added oil 88.0 1.0	09290	Prunes, dehydrated (low-moisture), stewed	280.0	1.0 cup	0.0
44260 Phaddings, all flavors except chocolate, low calorie, instant, dry mix 8.0 1.0 serving 0.0 44259 Phaddings, all flavors except chocolate, low calorie, regular, dry mix 113.0 1.0 serving 0.0 19318 Poddings, bannan, dry mix, instant 99.0 1.0 package (3.5 oz) 0.0 19212 Puddings, bannan, dry mix, instant, prepared with % milk 127.0 0.5 cup From 1919 12 19319 Puddings, bannan, dry mix, instant, with added oil 99.0 1.0 package (3.5 oz) 0.0 19720 Puddings, bannan, dry mix, regular, prepared with 2% milk 127.0 0.5 cup From 1921 1.0 19321 Puddings, bannan, dry mix, regular, prepared with 2% milk 124.0 0.5 cup From 1921 1.0 19321 Puddings, bannan, dry mix, regular, prepared with 400e milk 127.0 0.5 cup From 1921 1.0 19321 Puddings, chocolate flavor, low calorie, instant, dry mix 9.9 1.0 package (3.12 oz) 0.0 44661 Puddings, chocolate flavor, low calorie, instant, dry mix 9.9 1.0 package (3.5 oz) 0.0 19123 Puddings, chocolate, dry mix, instant, prepared wi	09289	Prunes, dehydrated (low-moisture), uncooked	132.0	1.0 cup	0.0
Puddings, banana, dry mix, instant Puddings, banana, dry mix, instant Puddings, banana, dry mix, instant, prepared with whole milk Puddings, banana, dry mix, instant, prepared with whole milk Puddings, banana, dry mix, instant, prepared with whole milk Puddings, banana, dry mix, instant, prepared with whole milk Puddings, banana, dry mix, instant, prepared with whole milk Puddings, banana, dry mix, instant, prepared with whole milk Puddings, banana, dry mix, regular prepared with whole milk Puddings, banana, dry mix, regular prepared with 2% milk Puddings, banana, dry mix, regular, prepared with whole milk Puddings, banana, dry mix, regular, prepared with whole milk Puddings, banana, dry mix, regular, prepared with whole milk Puddings, banana, dry mix, regular, prepared with whole milk Puddings, banana, dry mix, regular, with added oil Richard Puddings, banana, dry mix, regular, with added oil Richard Puddings, chocolate flavor, low caloric, instant, dry mix Puddings, chocolate, flavor, low caloric, instant, dry mix Puddings, chocolate, flavor, low caloric, instant, dry mix Puddings, chocolate, dry mix, instant Puddings, chocolate, dry mix, i	19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	127.0	0.5 cup	0.0
19318 Puddings, banana, dry mix, instant 99.0 1.0 package (3.5 αz) 0.0 19121 Puddings, banana, dry mix, instant, prepared with 2% milk 147.0 0.5 cup From 19191 1.2 19319 Puddings, banana, dry mix, instant, prepared with whole milk 17.0 0.5 cup 0.0 19320 Puddings, banana, dry mix, regular 88.0 1.0 package (3.12 αz) 0.0 19321 Puddings, banana, dry mix, regular, prepared with 2% milk 142.0 0.5 cup From 19211 1.0 19322 Puddings, banana, dry mix, regular, prepared with 4% milk 127.0 0.5 cup From 19211 1.0 19321 Puddings, banana, dry mix, regular, prepared with 4% milk 127.0 0.5 cup From 19211 1.0 19321 Puddings, banana, dry mix, regular, prepared with 4% milk 127.0 0.5 cup From 19211 1.0 19321 Puddings, banana, dry mix, regular, prepared with 4% milk 127.0 0.5 cup From 19211 0.0 44061 Puddings, banana, dry mix, regular, dry mix 9.9 1.0 sections 0.0 44258 Puddings, chocolate, dry mix, instant, prepared with 2% milk 142.0 0.	44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	8.0	1.0 serving	0.0
19121 Puddings, banana, dy mix, instant, prepared with 2% milk 147.0 0.5 cup From 19191 1.2 19319 Puddings, banana, dry mix, instant, with added oil 99.0 1.0 package (3.5 cz) 0.0 19705 Puddings, banana, dry mix, regular 88.0 1.0 package (3.5 cz) 0.0 19320 Puddings, banana, dry mix, regular 88.0 1.0 package (3.12 cz) 0.0 19722 Puddings, banana, dry mix, regular, prepared with 2% milk 142.0 0.5 cup From 19211 1.0 19321 Puddings, banana, dry mix, regular, with added oil 127.0 0.5 cup 0.0 19706 Puddings, banana, dry mix, regular, with added oil 88.0 1.0 package (3.12 cz) 0.0 19706 Puddings, chocolate flavor, low calorie, instant, dry mix 9.9 1.0 serving 0.0 1.	44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	113.0	1.0 serving	0.0
19319 Puddings, banana, dry mix, instant, prepared with whole milk 127.0 0.5 cup 0.0 19705 Puddings, banana, dry mix, regular 88.0 1.0 package (3.5 oz) 0.0 19320 Puddings, banana, dry mix, regular 127.0 0.5 cup 1.0 package (3.12 oz) 0.0 19321 Puddings, banana, dry mix, regular, prepared with 2% milk 142.0 0.5 cup From 19211 1.0 19321 Puddings, banana, dry mix, regular, prepared with whole milk 127.0 0.5 cup 0.0 19706 Puddings, banana, dry mix, regular, with added oil 88.0 1.0 package (3.12 oz) 0.0 19706 Puddings, chocolate flavor, low calorie, instant, dry mix 9.9 1.0 serving 0.0 19425 Puddings, chocolate flavor, low calorie, regular, dry mix 9.9 1.0 serving 0.0 19124 Puddings, chocolate flavor, low calorie, regular, dry mix 9.9 1.0 package (3.5 oz) 0.0 19125 Puddings, chocolate, dry mix, instant 9.9.0 1.0 package (3.5 oz) 0.0 19126 Puddings, chocolate, dry mix, instant, prepared with whole milk 142.0 0.5 cup From 19211 1.1 19185 Puddings, chocolate, dry mix, instant, prepared with whole milk 147.0 0.5 cup 0.1 19188 Puddings, chocolate, dry mix, regular, prepared with 2% milk 128.0 0.5 cup 0.0 19198 Puddings, chocolate, dry mix, regular, prepared with whole milk 142.0 0.5 cup 0.0 19183 Puddings, chocolate, dry mix, regular, prepared with whole milk 142.0 0.5 cup 0.0 19183 Puddings, chocolate, dry mix, regular, prepared with whole milk 142.0 0.5 cup 0.0 19125 Puddings, chocolate, dry mix, regular, prepared with whole milk 142.0 0.5 cup 0.0 19225 Puddings, chocolate, dry mix, instant, prepared with whole milk 147.0 0.5 cup 0.0 19225 Puddings, coconut cream, dry mix, instant, prepared with whole milk 147.0 0.5 cup 0.2 19226 Puddings, coconut cream, dry mix, instant, prepared with whole milk 147.0 0.5 cup 0.2 19228 Puddings, coconut cream, dry mix, instant, prepared with	19318	Puddings, banana, dry mix, instant	99.0	1.0 package (3.5 oz)	0.0
19705 Puddings, banana, dry mix, instant, with added oil 99.0 1.0 package (3.5 oz) 0.0 19320 Puddings, banana, dry mix, regular 88.0 1.0 package (3.12 oz) 0.0 19121 Puddings, banana, dry mix, regular, prepared with 2% milk 142.0 0.5 cup From 19211 1.0 19321 Puddings, banana, dry mix, regular, prepared with whole milk 127.0 0.5 cup 0.0 19706 Puddings, banana, dry mix, regular, with added oil 88.0 1.0 package (3.12 oz) 0.0 44061 Puddings, chocolate flavor, low calorie, instant, dry mix 9.9 1.0 serving 0.0 44258 Puddings, chocolate, dry onix, instant 99.0 1.0 package (3.5 oz) 0.0 19184 Puddings, chocolate, dry mix, instant, prepared with 2% milk 142.0 0.5 cup From 19211 1.1 19185 Puddings, chocolate, dry mix, instant, prepared with whole milk 147.0 0.5 cup 1.3 19188 Puddings, chocolate, dry mix, regular, prepared with whole milk 128.0 0.5 cup 0.1 19189 Puddings, chocolate, dry mix, regular, prepared with whole milk 142.0	19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	1.2
19320 Puddings, banana, dry mix, regular 88.0 1.0 package (3.12 oz) 0.0 19122 Puddings, banana, dry mix, regular, prepared with whole milk 142.0 0.5 cup From 19211 1.0 19321 Puddings, banana, dry mix, regular, prepared with whole milk 127.0 0.5 cup 0.0 19706 Puddings, banana, dry mix, regular, with aded oil 88.0 1.0 package (3.12 oz) 0.0 44061 Puddings, chocolate flavor, low calorie, instant, dry mix 9.9 1.0 serving 0.0 44258 Puddings, chocolate, dry mix, instant, prepared with 2% milk 9.9 1.0 package (3.5 oz) 0.0 19184 Puddings, chocolate, dry mix, instant, prepared with 2% milk 142.0 0.5 cup From 19211 1.1 19185 Puddings, chocolate, dry mix, instant, prepared with whole milk 147.0 0.5 cup From 19211 1.1 19188 Puddings, chocolate, dry mix, regular 99.0 1.0 package (3.5 oz) 0.0 19189 Puddings, chocolate, dry mix, regular, prepared with 2% milk 128.0 0.5 cup 0.1 19189 Puddings, chocolate, dry mix, regular, prepared with whole milk 142.	19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	0.0
19122 Puddings, banana, dry mix, regular, prepared with 2% milk 142.0 0.5 cup From 19211 1.0 19321 Puddings, banana, dry mix, regular, prepared with whole milk 127.0 0.5 cup From 19211 0.0 19706 Puddings, banana, dry mix, regular, with added oil 88.0 1.0 package (3.12 oz) 0.0 44061 Puddings, chocolate flavor, low calorie, instant, dry mix 9.9 1.0 serving 0.0 44258 Puddings, chocolate, dry mix, instant 9.9 1.0 package (3.5 oz) 0.0 19184 Puddings, chocolate, dry mix, instant 99.0 1.0 package (3.5 oz) 0.0 19185 Puddings, chocolate, dry mix, instant, prepared with 2% milk 142.0 0.5 cup From 19211 1.1 19188 Puddings, chocolate, dry mix, instant, prepared with whole milk 147.0 0.5 cup From 19211 1.1 19189 Puddings, chocolate, dry mix, regular, prepared with whole milk 128.0 0.5 cup From 19211 1.1 19189 Puddings, chocolate, dry mix, regular, prepared with whole milk 128.0 0.5 cup 0.5 19189 Puddings, chocolate, dry mix, regular, prepared with whole milk	19705	Puddings, banana, dry mix, instant, with added oil	99.0	1.0 package (3.5 oz)	0.0
19321 Puddings, banana, dry mix, regular, prepared with whole milk 127.0 0.5 cup 0.0 19706 Puddings, banana, dry mix, regular, with added oil 88.0 1.0 package (3.12 oz) 0.0 44061 Puddings, chocolate flavor, low calorie, instant, dry mix 9.9 1.0 serving 0.0 44258 Puddings, chocolate, flavor, low calorie, regular, dry mix 9.9 1.0 package (3.5 oz) 0.0 19184 Puddings, chocolate, dry mix, instant 99.0 1.0 package (3.5 oz) 0.0 19123 Puddings, chocolate, dry mix, instant, prepared with 2% milk 142.0 0.5 cup From 19211 1.1 19188 Puddings, chocolate, dry mix, regular 99.0 1.0 package (3.5 oz) 0.0 19188 Puddings, chocolate, dry mix, regular, prepared with whole milk 147.0 0.5 cup 0.1 19189 Puddings, chocolate, dry mix, regular, prepared with whole milk 128.0 0.5 cup 0.0 19189 Puddings, chocolate, dry mix, regular, prepared with whole milk 142.0 0.5 cup 0.1 19235 Puddings, chocolate, ready-to-eat, fat free 113.0 1.0 serving 4 oz<	19320	Puddings, banana, dry mix, regular	88.0	1.0 package (3.12 oz)	0.0
19706 Puddings, banana, dry mix, regular, with added oil 88.0 1.0 package (3.12 oz) 0.0 44061 Puddings, chocolate flavor, low calorie, instant, dry mix 9.9 1.0 serving 0.0 44258 Puddings, chocolate flavor, low calorie, regular, dry mix 9.9 1.0 package (3.5 oz) 0.0 19184 Puddings, chocolate, dry mix, instant 99.0 1.0 package (3.5 oz) 0.0 19123 Puddings, chocolate, dry mix, instant, prepared with 2% milk 142.0 0.5 cup From 19211 1.1 19185 Puddings, chocolate, dry mix, instant, prepared with whole milk 147.0 0.5 cup 1.3 19188 Puddings, chocolate, dry mix, regular, prepared with 2% milk 128.0 0.5 cup 0.1 19189 Puddings, chocolate, dry mix, regular, prepared with 4% milk 142.0 0.5 cup 0.1 19189 Puddings, chocolate, dry mix, regular, prepared with whole milk 142.0 0.5 cup 0.0 19183 Puddings, chocolate, ready-to-eat 28.35 1.0 oz 0.1 19235 Puddings, chocolate, ready-to-eat, fat free 113.0 1.0 package (3.5 oz) <td< td=""><td>19122</td><td>Puddings, banana, dry mix, regular, prepared with 2% milk</td><td>142.0</td><td>0.5 cup From 19211</td><td>1.0</td></td<>	19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	1.0
44061 Puddings, chocolate flavor, low calorie, instant, dry mix 9.9 1.0 serving 0.0 44258 Puddings, chocolate flavor, low calorie, regular, dry mix 9.9 1.0 package (3.5 oz) 0.0 19184 Puddings, chocolate, dry mix, instant 99.0 1.0 package (3.5 oz) 0.0 19123 Puddings, chocolate, dry mix, instant, prepared with 2% milk 142.0 0.5 cup From 19211 1.1 19185 Puddings, chocolate, dry mix, instant, prepared with whole milk 147.0 0.5 cup 1.3 19188 Puddings, chocolate, dry mix, regular 99.0 1.0 package (3.5 oz) 0.0 19190 Puddings, chocolate, dry mix, regular, prepared with 2% milk 128.0 0.5 cup 0.1 19183 Puddings, chocolate, dry mix, regular, prepared with whole milk 142.0 0.5 cup 0.0 19183 Puddings, chocolate, ready-to-eat 28.35 1.0 oz 0.1 19235 Puddings, chocolate, ready-to-eat, fat free 113.0 1.0 package (3.5 oz) 0.3 19321 Puddings, coconut cream, dry mix, instant 99.0 1.0 package (3.5 oz) 0.3	19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	0.0
44258 Puddings, chocolate flavor, low calorie, regular, dry mix 9.9 1.0 serving 0.0 19184 Puddings, chocolate, dry mix, instant 99.0 1.0 package (3.5 oz) 0.0 19123 Puddings, chocolate, dry mix, instant, prepared with 2% milk 142.0 0.5 cup From 19211 1.1 19185 Puddings, chocolate, dry mix, instant, prepared with whole milk 147.0 0.5 cup From 19211 1.3 19188 Puddings, chocolate, dry mix, regular 99.0 1.0 package (3.5 oz) 0.0 19190 Puddings, chocolate, dry mix, regular, prepared with 2% milk 128.0 0.5 cup 0.1 19183 Puddings, chocolate, dry mix, regular, prepared with whole milk 142.0 0.5 cup 0.0 19183 Puddings, chocolate, dry mix, regular, prepared with whole milk 142.0 0.5 cup 0.0 19183 Puddings, chocolate, dry mix, regular, prepared with whole milk 142.0 0.5 cup 0.0 19235 Puddings, chocolate, ready-to-eat, fat free 113.0 1.0 serving 4 oz 0.0 19322 Puddings, coconut cream, dry mix, instant, prepared with 2% milk 147.0 0.	19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.0
19184 Puddings, chocolate, dry mix, instant 99.0 1.0 package (3.5 oz) 0.0 19123 Puddings, chocolate, dry mix, instant, prepared with 2% milk 142.0 0.5 cup From 19211 1.1 19185 Puddings, chocolate, dry mix, instant, prepared with whole milk 147.0 0.5 cup From 19211 1.3 19188 Puddings, chocolate, dry mix, regular 99.0 1.0 package (3.5 oz) 0.0 19190 Puddings, chocolate, dry mix, regular, prepared with 2% milk 128.0 0.5 cup 0.1 19189 Puddings, chocolate, dry mix, regular, prepared with whole milk 142.0 0.5 cup 0.0 19183 Puddings, chocolate, ready-to-eat 28.35 1.0 oz 0.1 19235 Puddings, chocolate, ready-to-eat, fat free 113.0 1.0 serving 4 oz 0.0 19322 Puddings, coconut cream, dry mix, instant 99.0 1.0 package (3.5 oz) 0.3 19191 Puddings, coconut cream, dry mix, instant, prepared with 2% milk 147.0 0.5 cup 1.2 19323 Puddings, coconut cream, dry mix, instant, prepared with whole milk 147.0 0.5 cup 1.2	44061	Puddings, chocolate flavor, low calorie, instant, dry mix	9.9	1.0 serving	0.0
19123 Puddings, chocolate, dry mix, instant, prepared with 2% milk 142.0 0.5 cup From 19211 1.1 19185 Puddings, chocolate, dry mix, instant, prepared with whole milk 147.0 0.5 cup 1.3 19188 Puddings, chocolate, dry mix, regular 99.0 1.0 package (3.5 oz) 0.0 19190 Puddings, chocolate, dry mix, regular, prepared with 2% milk 128.0 0.5 cup 0.1 19189 Puddings, chocolate, dry mix, regular, prepared with whole milk 142.0 0.5 cup 0.0 19183 Puddings, chocolate, ready-to-eat 28.35 1.0 oz 0.1 19235 Puddings, chocolate, ready-to-eat, fat free 113.0 1.0 serving 4 oz 0.0 19322 Puddings, coconut cream, dry mix, instant 99.0 1.0 package (3.5 oz) 0.3 19191 Puddings, coconut cream, dry mix, instant, prepared with 2% milk 147.0 0.5 cup 1.2 19323 Puddings, coconut cream, dry mix, instant, prepared with whole milk 147.0 0.5 cup 1.2 19324 Puddings, coconut cream, dry mix, regular 88.0 1.0 package (3.12 oz) 0.3 <td>44258</td> <td>Puddings, chocolate flavor, low calorie, regular, dry mix</td> <td>9.9</td> <td>1.0 serving</td> <td>0.0</td>	44258	Puddings, chocolate flavor, low calorie, regular, dry mix	9.9	1.0 serving	0.0
19185 Puddings, chocolate, dry mix, instant, prepared with whole milk 147.0 0.5 cup 1.3 19188 Puddings, chocolate, dry mix, regular 99.0 1.0 package (3.5 oz) 0.0 19190 Puddings, chocolate, dry mix, regular, prepared with 2% milk 128.0 0.5 cup 0.1 19189 Puddings, chocolate, dry mix, regular, prepared with whole milk 142.0 0.5 cup 0.0 19183 Puddings, chocolate, ready-to-eat 28.35 1.0 oz 0.1 19235 Puddings, chocolate, ready-to-eat, fat free 113.0 1.0 serving 4 oz 0.0 19322 Puddings, coconut cream, dry mix, instant 99.0 1.0 package (3.5 oz) 0.3 19191 Puddings, coconut cream, dry mix, instant, prepared with 2% milk 147.0 0.5 cup 1.2 19323 Puddings, coconut cream, dry mix, instant, prepared with whole milk 147.0 0.5 cup 1.2 19324 Puddings, coconut cream, dry mix, regular 88.0 1.0 package (3.12 oz) 0.3 19219 Puddings, coconut cream, dry mix, regular, prepared with 2% milk 140.0 0.5 cup 1.0 <td>19184</td> <td>Puddings, chocolate, dry mix, instant</td> <td>99.0</td> <td>1.0 package (3.5 oz)</td> <td>0.0</td>	19184	Puddings, chocolate, dry mix, instant	99.0	1.0 package (3.5 oz)	0.0
19188 Puddings, chocolate, dry mix, regular 99.0 1.0 package (3.5 oz) 0.0 19190 Puddings, chocolate, dry mix, regular, prepared with 2% milk 128.0 0.5 cup 0.1 19189 Puddings, chocolate, dry mix, regular, prepared with whole milk 142.0 0.5 cup 0.0 19183 Puddings, chocolate, ready-to-eat 28.35 1.0 oz 0.1 19235 Puddings, chocolate, ready-to-eat, fat free 113.0 1.0 serving 4 oz 0.0 19322 Puddings, coconut cream, dry mix, instant 99.0 1.0 package (3.5 oz) 0.3 19191 Puddings, coconut cream, dry mix, instant, prepared with 2% milk 147.0 0.5 cup 1.2 19323 Puddings, coconut cream, dry mix, instant, prepared with whole milk 147.0 0.5 cup 1.2 19324 Puddings, coconut cream, dry mix, regular 88.0 1.0 package (3.12 oz) 0.3 19219 Puddings, coconut cream, dry mix, regular, prepared with 2% milk 140.0 0.5 cup 1.0	19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	1.1
19190 Puddings, chocolate, dry mix, regular, prepared with 2% milk 128.0 0.5 cup 0.1 19189 Puddings, chocolate, dry mix, regular, prepared with whole milk 142.0 0.5 cup 0.0 19183 Puddings, chocolate, ready-to-eat 28.35 1.0 oz 0.1 19235 Puddings, chocolate, ready-to-eat, fat free 113.0 1.0 serving 4 oz 0.0 19322 Puddings, coconut cream, dry mix, instant 99.0 1.0 package (3.5 oz) 0.3 19191 Puddings, coconut cream, dry mix, instant, prepared with 2% milk 147.0 0.5 cup 1.2 19323 Puddings, coconut cream, dry mix, instant, prepared with whole milk 147.0 0.5 cup 1.2 19324 Puddings, coconut cream, dry mix, regular 88.0 1.0 package (3.12 oz) 0.3 19219 Puddings, coconut cream, dry mix, regular, prepared with 2% milk 140.0 0.5 cup 1.0	19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	1.3
19189 Puddings, chocolate, dry mix, regular, prepared with whole milk 142.0 0.5 cup 0.0 19183 Puddings, chocolate, ready-to-eat 28.35 1.0 oz 0.1 19235 Puddings, chocolate, ready-to-eat, fat free 113.0 1.0 serving 4 oz 0.0 19322 Puddings, coconut cream, dry mix, instant 99.0 1.0 package (3.5 oz) 0.3 19191 Puddings, coconut cream, dry mix, instant, prepared with 2% milk 147.0 0.5 cup 1.2 19323 Puddings, coconut cream, dry mix, instant, prepared with whole milk 147.0 0.5 cup 1.2 19324 Puddings, coconut cream, dry mix, regular 88.0 1.0 package (3.12 oz) 0.3 19219 Puddings, coconut cream, dry mix, regular, prepared with 2% milk 140.0 0.5 cup 1.0	19188	Puddings, chocolate, dry mix, regular	99.0	1.0 package (3.5 oz)	0.0
19183 Puddings, chocolate, ready-to-eat 28.35 1.0 oz 0.1 19235 Puddings, chocolate, ready-to-eat, fat free 113.0 1.0 serving 4 oz 0.0 19322 Puddings, coconut cream, dry mix, instant 99.0 1.0 package (3.5 oz) 0.3 19191 Puddings, coconut cream, dry mix, instant, prepared with 2% milk 147.0 0.5 cup 1.2 19323 Puddings, coconut cream, dry mix, instant, prepared with whole milk 147.0 0.5 cup 1.2 19324 Puddings, coconut cream, dry mix, regular 88.0 1.0 package (3.12 oz) 0.3 19219 Puddings, coconut cream, dry mix, regular, prepared with 2% milk 140.0 0.5 cup 1.0	19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.1
Puddings, chocolate, ready-to-eat, fat free 113.0 1.0 serving 4 oz 0.0 19322 Puddings, coconut cream, dry mix, instant 99.0 1.0 package (3.5 oz) 0.3 19191 Puddings, coconut cream, dry mix, instant, prepared with 2% milk 147.0 0.5 cup 1.2 19323 Puddings, coconut cream, dry mix, instant, prepared with whole milk 147.0 0.5 cup 1.2 19324 Puddings, coconut cream, dry mix, regular 88.0 1.0 package (3.12 oz) 0.3 19219 Puddings, coconut cream, dry mix, regular, prepared with 2% milk 140.0 0.5 cup 1.0	19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	0.0
Puddings, coconut cream, dry mix, instant 99.0 1.0 package (3.5 oz) 0.3 19191 Puddings, coconut cream, dry mix, instant, prepared with 2% milk 147.0 0.5 cup 1.2 19323 Puddings, coconut cream, dry mix, instant, prepared with whole milk 147.0 0.5 cup 1.2 19324 Puddings, coconut cream, dry mix, regular 88.0 1.0 package (3.12 oz) 0.3 19219 Puddings, coconut cream, dry mix, regular, prepared with 2% milk 140.0 0.5 cup 1.0	19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	0.1
Puddings, coconut cream, dry mix, instant, prepared with 2% milk 147.0 19323 Puddings, coconut cream, dry mix, instant, prepared with whole milk 147.0 19324 Puddings, coconut cream, dry mix, regular Puddings, coconut cream, dry mix, regular 88.0 1.0 package (3.12 oz) 19219 Puddings, coconut cream, dry mix, regular, prepared with 2% milk 140.0 0.5 cup 1.0	19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	0.0
Puddings, coconut cream, dry mix, instant, prepared with whole milk 147.0 0.5 cup 1.2 19324 Puddings, coconut cream, dry mix, regular 88.0 1.0 package (3.12 oz) 0.3 19219 Puddings, coconut cream, dry mix, regular, prepared with 2% milk 140.0 0.5 cup 1.0	19322	Puddings, coconut cream, dry mix, instant	99.0	1.0 package (3.5 oz)	0.3
Puddings, coconut cream, dry mix, regular 88.0 1.0 package (3.12 oz) 0.3 19219 Puddings, coconut cream, dry mix, regular, prepared with 2% milk 140.0 0.5 cup 1.0	19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	1.2
Puddings, coconut cream, dry mix, regular, prepared with 2% milk 140.0 0.5 cup 1.0	19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	1.2
	19324	Puddings, coconut cream, dry mix, regular	88.0	1.0 package (3.12 oz)	0.3
Puddings, coconut cream, dry mix, regular, prepared with whole milk 140.0 0.5 cup	19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	1.0
	19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	1.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
19330	Puddings, lemon, dry mix, instant	99.0	1.0 package (3.5 oz)	0.0
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	0.1
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	1.2
19332	Puddings, lemon, dry mix, regular	85.0	1.0 package (3 oz)	0.0
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	0.0
19194	Puddings, rice, dry mix	106.0	1.0 package	0.0
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	0.9
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	0.9
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	1.5
19198	Puddings, tapioca, dry mix	92.0	1.0 package (3.5 oz)	0.0
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	0.9
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	0.9
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	0.0
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	0.1
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	0.3
19202	Puddings, vanilla, dry mix, instant	99.0	1.0 package (3.5 oz)	0.0
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	1.1
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	0.0
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.9
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.0
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.0
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	0.1
19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	1.2
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	0.0
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	0.0
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	0.5
09295	Pummelo, raw	190.0	1.0 cup, sections	115.9
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	6.7
11416	Pumpkin flowers, raw	33.0	1.0 cup	9.2
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	0.7
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	0.7
11418	Pumpkin leaves, raw	39.0	1.0 cup	4.3
11426	Pumpkin pie mix, canned	270.0	1.0 cup	9.4
11846	Pumpkin, canned, with salt	245.0	1.0 cup	10.3
11424	Pumpkin, canned, without salt	245.0	1.0 cup	10.3

Pumplian, cooked, boiled, drained, without sail 2550 1.0 cup, nanabed 1.15	NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11847 Pumpkin, flowers, cooked, bried, drained, with salt 1340 1.0 cm 6.7 11422 Pumpkin, row 116.0 1.0 cmp ("cubes") 10.4 11499 Puralianc, cooked, boiled, drained, with salt 115.0 0.10 cmp 12.1 11427 Puralianc, cooked, boiled, drained, without sait 115.0 0.0 cmp 2.1 11427 Puralianc, cooked, boiled, drained, without sait 115.0 0.0 cmp 9.0 11427 Puralianc, cooked, boiled, drained, without sait 4.3 1.0 cmp 9.0 11529 Quali, cooked, total editible 2.8.35 1.0 cmp 0.0 11521 Quali, cooked, total editible 2.8.35 1.0 cmp 0.0 11521 Quali, meat and skin, raw 9.20 1.0 cmp intent and skin, raw 1.0 cmp 0.0 11521 Quincar, total 9.20 1.0 cmp intent and skin, raw 1.0 cmp intent and skin, r	11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	11.5
11422 Pumpkin, row 1160 1.0 cup ("cubes) 1.0 cup 11849 Parlanc, cooked, bolled, drained, without sait 1150 1.0 cup 121 11424 Parlanc, cooked, bolled, drained, without sait 1150 1.0 cup 2.01 1147 Parlanc, row 430 1.0 cup 9.0 0515 Qual, Invest, rear ouly, row 88.5 3.0 cup 4.3 0515 Qual, Invest, read ouly, row 1090 1.0 qual 6.6 0515 Qual, Invest, read ouly, row 920 1.0 qual 6.6 0518 Qual, Invest and skin, raw 920 1.0 qual 6.6 0518 Qual, Invest and skin, raw 920 1.0 full with without refuse 1.3 0517 Qual, Invest and skin, raw 920 1.0 full without without refuse 1.0 1152 Ralicebr, raw 930 1.0 cup, streated 3.2 1152 Ralicebr, raw 180 1.0 cup, streated 3.2 1180 Raliches, raw 1.0 cup, streated 2.2	11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	11.5
1849 Puslane, cooked, boiled, drained, without salt 1150 1.0 cup 12.1 1427 Puslane, cooked, boiled, drained, without salt 1150 1.0 cup 2.1 1427 Puslane, rowe 450 0.0 cup 9.0 0515 Quail, broad, tool salfishe 8283 0.0 cup 0.0 05157 Quail, meat and skin, row 1090 1.0 cup 6.6 05158 Quail, meat and skin, row 920 1.0 cup 6.6 05159 Quail, meat and skin, row 920 1.0 cup 6.6 05160 Quail, meat and skin, row 920 1.0 cup 6.6 05206 Quince, row 920 1.0 cup 3.2 10737 Quince, row 400 1.0 cup 3.2 10740 Quince, row 400 1.0 cup 3.2 10751 Quince, row 401 1.0 cup 3.2 10762 Rakiske, soineal, coked, builed, dirated, with all 3.0 1.0 cup 3.2 10763 Rakiske, soineal, coke	11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	6.7
1142kl Purslane, cooked, boiled, drained, without sail 1152 1152 Purslane, raw 430 1.0 cup 9.0 155 Purslane, raw 830 3.0 cu 43 4322 Quail, beast, and only, raw 830 3.0 cu 437 4528 Quail, coded, total edible 2835 1.0 cu 66 6157 Quail, meat and kin, raw 900 1.0 quail 66 6158 Quince, raw 920 1.0 quail 66 0920 Quince, raw 920 1.0 quail 66 1921 Radis-to, chard 400 1.0 cup street 318 1922 Radis-to, chard 400 1.0 cup street 320 1832 Radis-to, chard 100 1.0 cup street 320 1842 Radis-to, chard, cooked, boiled, drained, without salt 150 1.0 cup street 222 1143 Radis-to, criental, cooked, boiled, drained, without salt 116 1.0 cup street 222 1144 Radishes, oriental, cooked, boiled, drained, without salt	11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	10.4
11472 Ivalane, raw 430 1.0 cm 9 05159 Quali, breat, meat only, raw 851 3.0 co 4.3 3282 Quali, cooked, toal clothe 2835 1.0 co 0.07 05157 Quali, meat and skin, raw 1000 1.0 co 1.0 co 6.6 05188 Quali, meat and skin, raw 1000 1.0 froit without refer 6.6 05296 Quine, cooked 820 1.0 froit without refer 3.13 1037 Quine, cooked 820 1.0 cup, shred 6.0 1152 Adichis cests, spound, raw 300 1.0 cup, shred 1.0 1167 Adiches, kawaina style, pickled 150 1.0 cup, shred 2.0 1182 Adishes, criental, cooked, boiled, drained, with salt 147 1.0 cup, shred 2.2 1143 Adishes, oriental, cooked, boiled, drained, without salt 147 1.0 cup, shred 2.2 1143 Adishes, oriental, cooked, boiled, drained, without salt 147 1.0 cup, shred 2.2 1143 Adishes, criental, cook	11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	12.1
05159 Qualt, beast, meat only, raw 85.0 33.0 a. 4.3 42282 Qualt, coeked, total celible 28.3 1.0 c. 0.07 0517 0 Qualt, meat and skin, raw 100.0 1.0 c. 1.0 c. 6.6 0518 0 Quilne, act only, raw 60.0 1.0 c. 1.0 c. </td <td>11428</td> <td>Purslane, cooked, boiled, drained, without salt</td> <td>115.0</td> <td>1.0 cup</td> <td>12.1</td>	11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	12.1
45282 Qualt, cooked, total cithic 28.58 1.0 or 0.0 or 05157 Qualt, meat and skin, raw 109 1.0 quai 6.6 05158 Quine, meat only, raw 920 1.0 quai 6.6 05296 Quines, raw 400 1.0 funit without refuse 1.38 20137 Quinoa, cocked 400 1.0 cup, shredde 3.2 11652 Radiche, raw 400 1.0 cup, shredde 3.2 11676 Radishe, soproued, raw 410 1.0 cup, shredde 3.2 11870 Radishes, priental, cooked, boiled, drained, with saft 141 1.0 cup, shredde 3.2 11871 Radishes, oriental, cooked, boiled, drained, without saft 147 1.0 cup, shredde 3.2 11872 Radishes, oriental, cooked, boiled, drained, without saft 141 1.0 cup, shredde 3.2 11873 Radishes, oriental, cooked, boiled, drained, without saft 141 1.0 cup, shredde 3.2 11874 Radishes, oriental, cooked, boiled, drained, without saft 161 1.0 cup, shredde 3.2	11427	Purslane, raw	43.0	1.0 cup	9.0
05157 Quail, mear and skin, raw 1090 1.0 quail 6.6 05158 Quail, mear only, raw 920 1.0 quail 6.6 05296 Quines, raw 920 1.0 furth without refuse 1.0 gas 01372 Quinoa, cooked 1880 1.0 cup, shredd 3.0 11952 Radichio, raw 400 1.0 cup, shredd 3.0 11963 Radishes, dorient, cooked, boiled, drained, with salt 150 1.0 cup, shredd 3.0 11840 Radishes, noriental, cooked, boiled, drained, with salt 160 1.0 cup, shredd 2.2 11431 Radishes, oriental, cooked, boiled, drained, without salt 1470 1.0 cup, slow 2.2 11432 Radishes, oriental, dried 161 1.0 cup, slow 2.2 11432 Radishes, oriental, dried 160 1.0 cup, slow 2.2 11432 Radishes, oriental, dried 1.0 cup, slow 2.0 11432 Radishes, oriental, dried 1.0 cup, slow 2.0 11432 Radishes, oriental, dried 1.0 cup, slow 2.0 </td <td>05159</td> <td>Quail, breast, meat only, raw</td> <td>85.0</td> <td>3.0 oz</td> <td>4.3</td>	05159	Quail, breast, meat only, raw	85.0	3.0 oz	4.3
65158 Qualit, meat only, raw 920 1.0 quait 6.6 09296 Quinces, raw 920 1.0 finit without refuse 13.8 20137 Quince, coxede 1850 1.0 cup, threelded 3.2 11952 Radicchio, raw 400 1.0 cup, shreelded 3.2 11676 Radishes, shawaiian style, pickled 1500 1.0 cup, shreelded 3.2 11830 Radishes, norienal, cooked, boiled, drained, without st 1470 1.0 cup, sliced 2.22 11431 Radishes, orienal, dried 1470 1.0 cup, sliced 2.22 11432 Radishes, orienal, dried, withou st 1470 1.0 cup, sliced 2.22 11432 Radishes, orienal, dried 1.0 cup 1.0 cup 1.0 cup 11439 Radishes, orienal, dried 1.0 cup, sliced 2.22 11430 Radishes, orienal, dried 1.0 cup, sliced 2.25 11431 Radishes, orienal, dried 1.0 cup, sliced 2.5 11432 Radishes, orienal, dried 1.0 cup, sliced 3.2 <td< td=""><td>43282</td><td>Quail, cooked, total edible</td><td>28.35</td><td>1.0 oz</td><td>0.7</td></td<>	43282	Quail, cooked, total edible	28.35	1.0 oz	0.7
09296 Quinoce, raw 92.0 1.0 fmit without refuse 1.38 20137 Quinoc, cooked 185.0 1.0 cup 0.0 11952 Radicchio, raw 40.0 1.0 cup, sheede 3.2 11676 Radish seeds, sprouted, raw 38.0 1.0 cup 1.0 cup 43142 Radishes, hawaiin style, pickled 150.0 1.0 cup slices 2.22 11431 Radishes, oriental, cooked, boiled, drained, without salt 147.0 1.0 cup slices 2.22 11432 Radishes, oriental, cooked, boiled, drained, without salt 147.0 1.0 cup slices 2.22 11432 Radishes, oriental, cooked, boiled, drained, without salt 147.0 1.0 cup slices 2.25 11432 Radishes, oriental, cooked, boiled, drained, without salt 116.0 1.0 cup slices 2.5 11432 Radishes, oriental, craw 116.0 1.0 cup slices 1.5 11432 Radishes, oriental, craw 1.0 0.5 cup slices 1.4 11637 Radishes, white icicle, raw 50.0 0.5 cup slices 1.5	05157	Quail, meat and skin, raw	109.0	1.0 quail	6.6
20137 Quinoa, cooked 1850 1.0 cup 0.0 11952 Radicchio, raw 40.0 1.0 cup, shredded 3.2 11676 Radishes, Lawaiian style, pickled 38.0 1.0 cup 11.0 43142 Radishes, Jawaiian style, pickled 147.0 1.0 cup slices 22.2 11830 Radishes, oriental, cooked, boiled, drained, without salt 147.0 1.0 cup slices 22.2 11431 Radishes, oriental, dried 116.0 1.0 cup slices 22.2 11432 Radishes, oriental, dried 116.0 1.0 cup slices 25.5 11439 Radishes, oriental, raw 116.0 1.0 cup slices 25.5 11430 Radishes, oriental, fred 150.0 1.0 cup slices 25.5 11430 Radishes, with is cicle, raw 50.0 0.5 cup slices 14.5 11431 Radishes, seedles 165.0 1.0 cup, slices 25.5 11432 Raisins, seedles 165.0 1.0 cup, packed 5.3 09294 Raisins, seedles 250.0 1.0 cu	05158	Quail, meat only, raw	92.0	1.0 quail	6.6
11952 Radicchio, raw 40.0 1.0 cup, shredded 3.2 11676 Radish seeds, sprouted, raw 38.0 1.0 cup 11.0 43142 Radishes, bawaiian style, pickled 150.0 1.0 cup 0.0 11850 Radishes, oriental, cooked, boiled, drained, with salt 147.0 1.0 cup, slices 2.22 11431 Radishes, oriental, croked, boiled, drained, without salt 116.0 1.0 cup, slices 2.22 11432 Radishes, oriental, dried 116.0 1.0 cup, slices 2.22 11430 Radishes, oriental, dried 116.0 1.0 cup, slices 2.55 11439 Radishes, swith cicile, raw 116.0 1.0 cup slices 1.72 11430 Radishes, white cicle, raw 50.0 0.5 cup slices 1.72 11637 Radishes, soldes seedless 165.0 1.0 cup, packed 5.3 09297 Raisins, solden seedless 165.0 1.0 cup, packed 5.8 09298 Raisins, seedles 150.0 1.0 cup, packed 3.8 09304 Rambutan, canne	09296	Quinces, raw	92.0	1.0 fruit without refuse	13.8
11676 Radish seeds, sprouted, raw 38.0 1.0 cup 1.0 cup 43142 Radishes, hawaiian style, pickled 15.0 1.0 cup 0.0 11850 Radishes, oriental, cooked, boiled, drained, with salt 147.0 1.0 cup slices 22.2 11431 Radishes, oriental, cooked, boiled, drained, without salt 147.0 1.0 cup, slices 22.2 11432 Radishes, oriental, dried 116.0 1.0 cup, slices 25.5 11430 Radishes, oriental, farw 116.0 1.0 cup slices 25.5 11429 Radishes, raw 116.0 1.0 cup slices 25.5 11431 Radishes, white icicle, raw 50.0 0.5 cup slices 14.5 09297 Raisins, seededs 165.0 1.0 cup, packed 5.3 09298 Raisins, seedless 165.0 1.0 cup, packed 3.8 09301 Rambutan, canned, syrup pack 150.0 1.0 cup, darked 3.8 09304 Raspberries, frozen, red, sweetned 250.0 1.0 cup, thawed 41.2 09304 Raspberries,	20137	Quinoa, cooked	185.0	1.0 cup	0.0
43142 Radishes, havaiian style, pickled 150.0 1.0 cup 0.0 11850 Radishes, oriental, cooked, boiled, drained, with salt 147.0 1.0 cup, sliced 22.2 11431 Radishes, oriental, dried 116.0 1.0 cup, sliced 22.2 11432 Radishes, oriental, dried 116.0 1.0 cup, sliced 25.5 11432 Radishes, oriental, fraw 116.0 1.0 cup slices 25.5 11439 Radishes, with cicle, raw 116.0 1.0 cup slices 25.5 11429 Radishes, white icicle, raw 50.0 0.5 cup slices 14.5 09297 Raisins, golden seedless 165.0 1.0 cup, packed 5.3 09298 Raisins, seedles 165.0 1.0 cup, packed 8.9 09298 Raisins, seedless 165.0 1.0 cup, packed 8.9 09301 Rambutan, canned, syrup pack 150.0 1.0 cup, drained 7.4 09304 Raspberries, canned, red, heavy syrup pack, solids and liquids 250.0 1.0 cup, drained 4.1 09518 Raspberries, frozen, red, sweetened 150.0 1.0 cup, drained 3.6	11952	Radicchio, raw	40.0	1.0 cup, shredded	3.2
11850 Radishes, oriental, cooked, boiled, drained, with salt 147.0 1.0 cup slices 22.2 11431 Radishes, oriental, cooked, boiled, drained, without salt 147.0 1.0 cup, sliced 22.2 11432 Radishes, oriental, dried 116.0 1.0 cup slices 25.5 11430 Radishes, oriental, raw 116.0 1.0 cup slices 25.5 11429 Radishes, saw 116.0 1.0 cup slices 25.5 11637 Radishes, white iciele, raw 50.0 0.5 cup slices 14.5 09297 Raisins, golden seedless 165.0 1.0 cup, packed 8.9 09298 Raisins, seedless 165.0 1.0 cup, packed 8.9 09298 Raisins, seedless 165.0 1.0 cup, packed 8.9 09301 Rambutan, canned, syrup pack 150.0 1.0 cup, drained 7.4 09304 Raspberries, frozen, red, weetened 250.0 1.0 cup, thawed 41.2 09518 Raspberries, frozen, unsweetened 120.0 1.0 cup, thawed 41.2 09510 Ra	11676	Radish seeds, sprouted, raw	38.0	1.0 cup	11.0
11431 Radishes, oriental, cooked, boiled, drained, without salt 147.0 1.0 cup, sliced 22.2 11432 Radishes, oriental, dried 116.0 1.0 cup slices 25.5 11430 Radishes, oriental, raw 116.0 1.0 cup slices 25.5 11429 Radishes, raw 116.0 1.0 cup slices 17.2 11637 Radishes, white icicle, raw 50.0 0.5 cup slices 14.5 09297 Raisins, soeddes 165.0 1.0 cup, packed 8.9 09298 Raisins, seedless 165.0 1.0 cup, packed 8.9 09299 Raisins, seedless 165.0 1.0 cup, packed 8.9 09298 Raisins, seedless 165.0 1.0 cup, packed 8.9 09301 Rambutan, canned, syrup pack 150.0 1.0 cup, drained 7.4 09304 Raspberries, canded, red, heavy syrup pack, solids and liquids 250.0 1.0 cup, drained 41.2 09318 Raspberries, frozen, tred, sweetened 250.0 1.0 cup, thawed 41.2 09302 Raspberries, r	43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	0.0
11432 Radishes, oriental, dried 116.0 1.0 cup 0.0 11430 Radishes, oriental, raw 116.0 1.0 cup slices 25.5 11429 Radishes, raw 116.0 1.0 cup slices 17.2 11637 Radishes, white icicle, raw 50.0 0.5 cup slices 14.5 09297 Raisins, golden seedless 165.0 1.0 cup, packed 8.9 09298 Raisins, seedles 165.0 1.0 cup, packed 8.9 09298 Raisins, seedless 165.0 1.0 cup, packed 8.9 09301 Rambutan, canned, syrup pack 150.0 1.0 cup, drained 7.4 09304 Raspberries, canned, red, heavy syrup pack, solids and liquids 250.0 1.0 cup, drained 4.1 09305 Raspberries, frozen, red, sweetened 250.0 1.0 cup, unthaved 36.7 09306 Raspberries, frozen, unsweetened 140.0 1.0 cup, unthaved 36.7 09302 Raspberries, wild (Northern Plains Indians) 130.0 1.0 cup 3.3 2296 Ravioli, cheese with	11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	22.2
11430 Radishes, oriental, raw 116.0 1.0 cup slices 25.5 11429 Radishes, raw 116.0 1.0 cup slices 17.2 11637 Radishes, white icicle, raw 50.0 0.5 cup slices 14.5 09297 Raisins, golden seedless 165.0 1.0 cup, packed 8.9 09298 Raisins, seedless 165.0 1.0 cup, packed 8.9 09301 Rambutan, canned, syrup pack 150.0 1.0 cup, drained 7.4 09304 Raspberries, canned, red, heavy syrup pack, solids and liquids 256.0 1.0 cup, thawed 41.2 09518 Raspberries, frozen, red, sweetened 250.0 1.0 cup, thawed 41.2 09518 Raspberries, frozen, unsweetened 140.0 1.0 cup, unthawed 36.7 09302 Raspberries, raw 123.0 1.0 cup, unthawed 36.7 09302 Raspberries, wild (Northern Plains Indians) 130.0 1.0 cup, unthawed 36.7 22976 Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees 159.0 1.0 cup 4.5 22899 Ravioli, cheese-filled, canned 242.0	11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	22.2
11429 Radishes, raw 1160 1.0 cup slices 17.2 11637 Radishes, white icicle, raw 50.0 0.5 cup slices 14.5 09297 Raisins, golden seedless 165.0 1.0 cup, packed 5.3 09298 Raisins, seedless 165.0 1.0 cup, packed 8.9 09298 Raisins, seedless 165.0 1.0 cup, packed 3.8 09301 Rambutan, canned, syrup pack 150.0 1.0 cup, drained 7.4 09304 Raspberries, canned, red, heavy syrup pack, solids and liquids 256.0 1.0 cup, thawed 41.2 09306 Raspberries, frozen, red, sweetened 250.0 1.0 cup, thawed 41.2 09518 Raspberries, frozen, unsweetened 140.0 1.0 cup, unthawed 36.7 09302 Raspberries, raw 123.0 1.0 cup 32.2 35202 Raspberries, wild (Northern Plains Indians) 130.0 1.0 cup 4.5 22976 Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees 159.0 1.0 cup 0.0	11432	Radishes, oriental, dried	116.0	1.0 cup	0.0
11637 Radishes, white icicle, raw 50.0 0.5 cup slices 14.5 09297 Raisins, golden seedless 165.0 1.0 cup, packed 5.3 09299 Raisins, seeded 165.0 1.0 cup, packed 8.9 09298 Raisins, seedless 165.0 1.0 cup, packed 3.8 09301 Rambutan, canned, syrup pack 150.0 1.0 cup, drained 7.4 09304 Raspberries, canned, red, heavy syrup pack, solids and liquids 256.0 1.0 cup 22.3 09306 Raspberries, frozen, red, sweetened 250.0 1.0 cup, thawed 41.2 09518 Raspberries, frozen, unsweetened 140.0 1.0 cup, unthawed 36.7 09302 Raspberries, raw 123.0 1.0 cup 32.2 35202 Raspberries, wild (Northern Plains Indians) 130.0 1.0 cup 34.3 22976 Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees 159.0 1.0 cup 0.0 22899 Ravioli, meat-filled, with tomato sauce or meat sauce, canned 262.0 1.0 cup 0.0	11430	Radishes, oriental, raw	116.0	1.0 cup slices	25.5
09297 Raisins, golden seedless 165.0 1.0 cup, packed 5.3 09299 Raisins, seeded 165.0 1.0 cup, packed 8.9 09298 Raisins, seedless 165.0 1.0 cup, packed 3.8 09301 Rambutan, canned, syrup pack 150.0 1.0 cup, drained 7.4 09304 Raspberries, canned, red, heavy syrup pack, solids and liquids 256.0 1.0 cup, thawed 41.2 09306 Raspberries, frozen, red, sweetened 250.0 1.0 cup, unthawed 36.7 09302 Raspberries, raw 123.0 1.0 cup, unthawed 36.7 09302 Raspberries, wild (Northern Plains Indians) 130.0 1.0 cup 34.3 22976 Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees 159.0 1.0 cup 4.5 28899 Ravioli, cheese-filled, canned 242.0 1.0 cup 0.0 22900 Ravioli, meat-filled, with tomato sauce, canned 262.0 1.0 cup 0.0	11429	Radishes, raw	116.0	1.0 cup slices	17.2
09299 Raisins, seeded 165.0 1.0 cup, packed 8.9 09298 Raisins, seedless 165.0 1.0 cup, packed 3.8 09301 Rambutan, canned, syrup pack 150.0 1.0 cup, drained 7.4 09304 Raspberries, canned, red, heavy syrup pack, solids and liquids 256.0 1.0 cup, thawed 41.2 09306 Raspberries, frozen, red, sweetened 250.0 1.0 cup, unthawed 41.2 09518 Raspberries, frozen, unsweetened 140.0 1.0 cup, unthawed 36.7 09302 Raspberries, raw 123.0 1.0 cup 32.2 35202 Raspberries, wild (Northern Plains Indians) 130.0 1.0 cup 34.3 22976 Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees 159.0 1.0 cup 4.5 22899 Ravioli, cheese-filled, canned 242.0 1.0 cup 0.0 22900 Ravioli, meat-filled, with tomato sauce or meat sauce, canned 262.0 1.0 cup 0.0	11637	Radishes, white icicle, raw	50.0	0.5 cup slices	14.5
09298 Raisins, seedless 165.0 1.0 cup, packed 3.8 09301 Rambutan, canned, syrup pack 150.0 1.0 cup, drained 7.4 09304 Raspberries, canned, red, heavy syrup pack, solids and liquids 256.0 1.0 cup, thawed 41.2 09306 Raspberries, frozen, red, sweetened 250.0 1.0 cup, thawed 41.2 09518 Raspberries, frozen, unsweetened 140.0 1.0 cup, unthawed 36.7 09302 Raspberries, raw 123.0 1.0 cup 32.2 35202 Raspberries, wild (Northern Plains Indians) 130.0 1.0 cup 34.3 22976 Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees 159.0 1.0 cup 4.5 22899 Ravioli, cheese-filled, canned 242.0 1.0 cup 0.0 22900 Ravioli, meat-filled, with tomato sauce, or meat sauce, canned 262.0 1.0 cup 0.0	09297	Raisins, golden seedless	165.0	1.0 cup, packed	5.3
09301 Rambutan, canned, syrup pack 150.0 1.0 cup, drained 7.4 09304 Raspberries, canned, red, heavy syrup pack, solids and liquids 256.0 1.0 cup 22.3 09306 Raspberries, frozen, red, sweetened 250.0 1.0 cup, thawed 41.2 09518 Raspberries, frozen, unsweetened 140.0 1.0 cup, unthawed 36.7 09302 Raspberries, raw 123.0 1.0 cup 32.2 35202 Raspberries, wild (Northern Plains Indians) 130.0 1.0 cup 34.3 22976 Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees 159.0 1.0 cup 4.5 22899 Ravioli, cheese-filled, canned 242.0 1.0 cup 0.0 22900 Ravioli, meat-filled, with tomato sauce or meat sauce, canned 262.0 1.0 cup 0.0	09299	Raisins, seeded	165.0	1.0 cup, packed	8.9
09304 Raspberries, canned, red, heavy syrup pack, solids and liquids 256.0 1.0 cup 22.3 09306 Raspberries, frozen, red, sweetened 250.0 1.0 cup, thawed 41.2 09518 Raspberries, frozen, unsweetened 140.0 1.0 cup, unthawed 36.7 09302 Raspberries, raw 123.0 1.0 cup 32.2 35202 Raspberries, wild (Northern Plains Indians) 130.0 1.0 cup 34.3 22976 Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees 159.0 1.0 cup 4.5 22899 Ravioli, cheese-filled, canned 242.0 1.0 cup 0.0 22900 Ravioli, meat-filled, with tomato sauce or meat sauce, canned 262.0 1.0 cup 0.0	09298	Raisins, seedless	165.0	1.0 cup, packed	3.8
09306 Raspberries, frozen, red, sweetened 250.0 1.0 cup, thawed 41.2 09518 Raspberries, frozen, unsweetened 140.0 1.0 cup, unthawed 36.7 09302 Raspberries, raw 123.0 1.0 cup 32.2 35202 Raspberries, wild (Northern Plains Indians) 130.0 1.0 cup 34.3 22976 Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees 159.0 1.0 cup 4.5 22899 Ravioli, cheese-filled, canned 242.0 1.0 cup 0.0 22900 Ravioli, meat-filled, with tomato sauce or meat sauce, canned 262.0 1.0 cup 0.0	09301	Rambutan, canned, syrup pack	150.0	1.0 cup, drained	7.4
09518Raspberries, frozen, unsweetened140.01.0 cup, unthawed36.709302Raspberries, raw123.01.0 cup32.235202Raspberries, wild (Northern Plains Indians)130.01.0 cup34.322976Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees159.01.0 cup4.522899Ravioli, cheese-filled, canned242.01.0 cup0.022900Ravioli, meat-filled, with tomato sauce or meat sauce, canned262.01.0 cup0.0	09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	22.3
09302Raspberries, raw123.01.0 cup32.235202Raspberries, wild (Northern Plains Indians)130.01.0 cup34.322976Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees159.01.0 cup4.522899Ravioli, cheese-filled, canned242.01.0 cup0.022900Ravioli, meat-filled, with tomato sauce or meat sauce, canned262.01.0 cup0.0	09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	41.2
Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees Ravioli, cheese-filled, canned Ravioli, cheese-filled, canned Ravioli, meat-filled, with tomato sauce or meat sauce, canned 242.0 Ravioli, meat-filled, with tomato sauce or meat sauce, canned 262.0 1.0 cup 0.0	09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	36.7
Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees 159.0 1.0 cup 4.5 Ravioli, cheese-filled, canned 242.0 1.0 cup 0.0 Ravioli, meat-filled, with tomato sauce or meat sauce, canned 262.0 1.0 cup 0.0	09302	Raspberries, raw	123.0	1.0 cup	32.2
22899 Ravioli, cheese-filled, canned 242.0 1.0 cup 0.0 22900 Ravioli, meat-filled, with tomato sauce or meat sauce, canned 262.0 1.0 cup 0.0	35202	Raspberries, wild (Northern Plains Indians)	130.0	1.0 cup	34.3
22900 Ravioli, meat-filled, with tomato sauce or meat sauce, canned 262.0 1.0 cup 0.0	22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	4.5
	22899	Ravioli, cheese-filled, canned	242.0	1.0 cup	0.0
01200 Reddi Wip Fat Free Whipped Topping 4.0 1.0 tablespoon 0.0	22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	0.0
	01200	Reddi Wip Fat Free Whipped Topping	4.0	1.0 tablespoon	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
16172	Refried beans, canned, fat-free	231.0	1.0 cup	2.1
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	14.3
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	1.9
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	66.6
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	56.1
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	12.1
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	0.0
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	5.2
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	8.6
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	42.9
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	14.3
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	5.8
36633	Restaurant, Chinese, sesame chicken	547.0	1.0 order	5.5
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	67.9
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	16.9
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	14.0
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	55.9
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	12.6
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	1.5
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	14.8
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	0.0
36014	Restaurant, family style, french fries	170.0	1.0 serving	1.9
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	0.0
36039	Restaurant, family style, hash browns	94.0	1.0 cup	0.0
36017	Restaurant, family style, macaroni & prices, from kids' menu	136.0	1.0 cup	0.0
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	0.0
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	1.2
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	3.2
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	3.9
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	5.6
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	0.6
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	0.0
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	0.1
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	0.3
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	23.3

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	0.0
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	0.1
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	7.9
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	6.6
09307	Rhubarb, raw	122.0	1.0 cup, diced	9.8
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	1.2
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	0.0
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	2.8
08546	Rice and Wheat cereal bar	22.0	1.0 bar	0.0
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	10.2
20060	Rice bran, crude	118.0	1.0 cup	0.0
42204	Rice cake, cracker (include hain mini rice cakes)	4.2	1.0 cubic inch	0.0
20090	Rice flour, brown	158.0	1.0 cup	0.0
20061	Rice flour, white, unenriched	158.0	1.0 cup	0.0
32024	Rice mix, cheese flavor, dry mix, unprepared	57.0	0.25 cup dry rice mix	1.2
32029	Rice mix, white and wild, flavored, unprepared	57.0	2.0 oz (1/4 c dry rice mix and 4 tsp seasoning mix)	0.0
20134	Rice noodles, cooked	176.0	1.0 cup	0.0
20133	Rice noodles, dry	57.0	2.0 oz	0.0
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	0.0
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	0.0
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	0.0
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	0.0
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	48.0	0.25 cup	0.0
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	0.0
20054	Rice, white, glutinous, unenriched, uncooked	185.0	1.0 cup	0.0
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	0.0
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	0.0
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	0.0
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	0.0
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	0.0
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	0.0
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	0.0
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0.0
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	0.0
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	0.0
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	0.0
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	0.0
20051	Rice, white, medium-grain, enriched, cooked	186.0	1.0 cup	0.0
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	0.0
20450	Rice, white, medium-grain, raw, unenriched	195.0	1.0 cup	0.0
20453	Rice, white, short-grain, cooked, unenriched	205.0	1.0 cup	0.0
20053	Rice, white, short-grain, enriched, cooked	186.0	1.0 cup	0.0
20052	Rice, white, short-grain, enriched, uncooked	200.0	1.0 cup	0.0
20452	Rice, white, short-grain, raw, unenriched	200.0	1.0 cup	0.0
07912	Roast beef spread	57.0	1.0 serving .25 cup	0.1
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	0.0
18344	Rolls, dinner, egg	28.35	1.0 oz	0.0
18345	Rolls, dinner, oat bran	28.35	1.0 oz	0.0
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	0.1
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.1
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	0.0
28348	Rolls, dinner, sweet	30.0	1.0 roll	0.1
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	0.0
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	0.0
18349	Rolls, french	28.35	1.0 oz	0.0
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	78.0	1.0 roll	0.0
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	51.0	1.0 roll	0.7
28313	Rolls, hamburger or hot dog, whole wheat	56.0	1.0 roll	0.7
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	0.0
18350	Rolls, hamburger or hotdog, plain	44.0	1.0 roll 1 serving	0.6
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	0.1
28321	Rolls, hamburger, whole grain white, calcium-fortified	43.0	1.0 piece roll	0.0
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	0.0
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	0.0
35203	Rose Hips, wild (Northern Plains Indians)	127.0	1.0 cup	541.0
09311	Roselle, raw	57.0	1.0 cup, without refuse	6.8
02063	Rosemary, fresh	0.7	1.0 tsp	0.2
09428	Rowal, raw	114.0	0.5 cup	29.4
09528	Ruby Red grapefruit juice blend (grapefruit, grape, apple), OCEAN SPRAY, bottled, with added vitamin C	248.0	8.0 fl oz	122.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
05363	Ruffed Grouse, breast meat, skinless, raw	113.0	4.0 oz	0.0
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	22.6
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	32.0
11435	Rutabagas, raw	140.0	1.0 cup, cubes	35.0
20063	Rye flour, dark	128.0	1.0 cup	0.0
20065	Rye flour, light	102.0	1.0 cup	0.0
20064	Rye flour, medium	102.0	1.0 cup	0.0
20062	Rye grain	169.0	1.0 cup	0.0
43331	Salad dressing, bacon and tomato	15.0	1.0 tbsp	1.3
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	0.1
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	17.0	1.0 tbsp	0.1
42153	Salad dressing, blue or roquefort cheese dressing, light	16.0	1.0 tbsp	0.0
43020	Salad dressing, blue or roquefort cheese, low calorie	15.0	1.0 tbsp	0.0
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	0.1
43015	Salad dressing, caesar dressing, regular	14.7	1.0 tbsp	0.0
04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	0.0
43021	Salad dressing, caesar, low calorie	15.0	1.0 tbsp	0.0
43016	Salad dressing, coleslaw	16.0	1.0 tbsp	0.0
42230	Salad Dressing, coleslaw dressing, reduced fat	17.0	1.0 tbsp	0.0
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	0.6
04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	0.0
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	0.0
42171	Salad dressing, french dressing, reduced calorie	16.0	1.0 tbsp	0.0
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	0.8
04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	0.0
04146	Salad dressing, french, cottonseed, oil, home recipe	14.0	1.0 tablespoon	0.0
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	0.1
43017	Salad dressing, green goddess, regular	15.0	1.0 tbsp	0.0
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	0.0
04686	Salad dressing, honey mustard dressing, reduced calorie	30.0	2.0 tbsp (1 serving)	0.1
04703	Salad dressing, honey mustard, regular	30.0	2.0 tbsp	0.1
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0.0
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0.1
04143	Salad dressing, italian dressing, commercial, regular, without salt	14.7	1.0 tablespoon	0.0
04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
42140	Salad dressing, italian dressing, reduced calorie	14.0	1.0 tbsp	0.1
04144	Salad dressing, italian dressing, reduced fat, without salt	15.0	1.0 tablespoon	0.0
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	0.0
04011	Salad dressing, KRAFT Mayo Light Mayonnaise	15.0	1.0 tbsp	0.0
04014	Salad dressing, KRAFT MIRACLE WHIP FREE Nonfat Dressing	16.0	1.0 tbsp	0.0
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	14.5	1.0 tbsp	0.0
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.0
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0.0
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0.0
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	0.0
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0.0
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	14.0	1.0 tbsp (1 NLEA serving)	0.0
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.0
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0.0
04145	Salad dressing, mayonnaise, soybean oil, without salt	13.8	1.0 tablespoon	0.0
42193	Salad Dressing, mayonnaise-like, fat-free	16.0	1.0 tbsp	0.0
42137	Salad dressing, peppercorn dressing, commercial, regular	13.4	1.0 tbsp	0.1
04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	0.1
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	0.0
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	0.1
04639	Salad dressing, ranch dressing, regular	15.0	1.0 tablespoon	0.0
04015	Salad dressing, russian dressing	15.0	1.0 tbsp	0.9
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	1.0
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0.0
04688	Salad dressing, spray-style dressing, assorted flavors	8.0	1.0 serving (approximately 10 sprays)	0.1
43019	Salad dressing, sweet and sour	16.0	1.0 tbsp	1.3
04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	0.0
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	0.2
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	0.0
07068	Salami, cooked, beef	26.0	1.0 slice	0.0
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0.0
07070	Salami, cooked, turkey	28.0	1.0 serving	0.0
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	0.0
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.0
07926	Salami, Italian, pork	28.0	1.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	0.0
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	0.7
32031	Salisbury steak with gravy, frozen	63.0	1.0 patty	0.0
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	0.0
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	0.0
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	0.0
11437	Salsify, (vegetable oyster), raw	133.0	1.0 cup slices	10.6
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	6.2
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	6.2
02047	Salt, table	6.0	1.0 tsp	0.0
43135	Sandwich spread, meatless	15.0	1.0 tbsp	0.0
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	0.0
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	0.0
09313	Sapodilla, raw	241.0	1.0 cup, pulp	35.4
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	40.2
06150	Sauce, barbecue	17.0	1.0 tbsp	0.1
27056	Sauce, barbecue, BULL'S-EYE, original	16.0	1.0 tbsp	0.0
27057	Sauce, barbecue, KC MASTERPIECE, original	18.0	1.0 tbsp	0.0
06307	Sauce, barbecue, KRAFT, original	16.0	1.0 tbsp	0.0
27055	Sauce, barbecue, SWEET BABY RAY'S, original	18.0	1.0 tbsp	0.3
06930	Sauce, cheese, ready-to-serve	63.0	0.25 cup	0.3
06962	Sauce, chili, peppers, hot, immature green, canned	15.0	1.0 tbsp	10.2
27051	Sauce, cocktail, ready-to-serve	60.0	0.25 cup	7.0
27046	Sauce, duck, ready-to-serve	33.0	2.0 Tbsp	0.3
27063	Sauce, enchilada, red, mild, ready to serve	56.0	0.25 cup	0.2
06179	Sauce, fish, ready-to-serve	18.0	1.0 tbsp	0.1
06175	Sauce, hoisin, ready-to-serve	16.0	1.0 tbsp	0.1
06166	Sauce, homemade, white, medium	250.0	1.0 cup	2.0
06167	Sauce, homemade, white, thick	250.0	1.0 cup	1.8
06165	Sauce, homemade, white, thin	250.0	1.0 cup	2.0
27066	Sauce, horseradish	5.6	1.0 tsp	0.0
06631	Sauce, hot chile, sriracha	6.5	1.0 tsp	1.7
06632	Sauce, hot chile, sriracha, CHA! BY TEXAS PETE	6.9	1.0 tsp	0.3
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	6.2	1.0 tsp	3.6
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	58.0	0.25 cup	0.2

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
06176	Sauce, oyster, ready-to-serve	18.0	1.0 tbsp	0.0
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	2.6
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	128.0	1.0 serving 1/2 cup	2.6
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	0.0
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	0.0
06961	Sauce, peppers, hot, chili, mature red, canned	15.0	1.0 tbsp	4.5
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	63.0	0.25 cup	0.0
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	62.0	0.25 cup	0.0
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	60.0	0.25 cup	0.1
06626	Sauce, pesto, ready-to-serve, refrigerated	63.0	0.25 cup	0.0
06627	Sauce, pesto, ready-to-serve, shelf stable	61.0	0.25 cup	0.1
06152	Sauce, pizza, canned, ready-to-serve	63.0	0.25 cup	7.1
06151	Sauce, plum, ready-to-serve	19.0	1.0 tbsp	0.1
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	3.5
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0.2
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	0.7
27047	Sauce, salsa, verde, ready-to-serve	30.0	2.0 Tbsp	3.7
06142	Sauce, sofrito, prepared from recipe	103.0	0.5 cup	21.0
27048	Sauce, steak, tomato based	34.0	2.0 Tbsp	2.3
27050	Sauce, sweet and sour, ready-to-serve	35.0	2.0 Tbsp	3.0
27049	Sauce, tartar, ready-to-serve	30.0	2.0 tablespoons	0.7
06112	Sauce, teriyaki, ready-to-serve	18.0	1.0 tbsp	0.0
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	36.0	2.0 Tbsp	0.0
06972	Sauce, tomato chili sauce, bottled, with salt	6.0	1.0 packet	1.0
06971	Sauce, worcestershire	17.0	1.0 tbsp	2.2
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	20.9
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	0.0
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	0.0
32032	Sausage, egg and cheese breakfast biscuit	126.0	1.0 biscuit	0.1
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	0.1
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	2.3
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	0.2
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	17.0
16107	Sausage, meatless	25.0	1.0 link	0.0
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	0.0
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	0.0
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	0.7
07075	Sausage, smoked link sausage, pork and beef	85.0	3.0 oz	0.0
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	0.0
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	0.3
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	17.0
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	0.0
21611	School Lunch, chicken nuggets, whole grain breaded	88.0	5.0 pieces	0.5
21610	School Lunch, chicken patty, whole grain breaded	86.0	1.0 patty	0.6
21145	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Cheese Pizza, frozen	155.0	1.0 slice 1/8 per pizza	0.6
21146	School Lunch, pizza, BIG DADDY'S LS 16" 51% Whole Grain Rolled Edge Turkey Pepperoni Pizza, frozen	156.0	1.0 slice 1/8 per pizza	0.3
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	0.5
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	130.0	1.0 piece 4"x6"	0.0
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	0.2
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	127.0	1.0 piece 4"x6"	0.0
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	129.0	1.0 slice per 1/10 pizza	0.5
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	133.0	1.0 piece 4" x 6"	0.8
21149	School Lunch, pizza, TONY'S Breakfast Pizza Sausage, frozen	91.0	1.0 piece 3.2 oz	0.0
21147	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Cheese Pizza 50/50 Cheese, frozen	130.0	1.0 piece 4" x 6"	0.0
21148	School Lunch, pizza, TONY'S SMARTPIZZA Whole Grain 4x6 Pepperoni Pizza 50/50 Cheese, frozen	127.0	1.0 piece 4"x6"	0.0
07951	Scrapple, pork	17.0	1.0 cubic inch	0.4
02076	Seasoning mix, dry, chili, original	9.0	1.33 tbsp	0.5
02074	Seasoning mix, dry, sazon, coriander & amp; annatto	1.0	0.25 tsp	0.0
02075	Seasoning mix, dry, taco, original	5.7	2.0 tsp	0.0
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	0.0
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	1.4
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	0.9
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	0.3
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0.3
11446	Seaweed, laver, raw	26.0	10.0 sheets	10.1
11667	Seaweed, spirulina, dried	112.0	1.0 cup	11.3
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.3
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	1.7

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	1.9
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	2.2
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	74.6
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	7.8
12006	Seeds, chia seeds, dried	28.35	1.0 oz	0.5
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	0.7
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	2.3
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	13.4
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	0.7
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	0.1
12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	0.2
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	0.0
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	0.0
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	2.5
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	2.1
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	2.1
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	0.2
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	0.2
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	0.0
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	0.0
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	0.0
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	0.0
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	0.0
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	0.0
12698	Seeds, sesame butter, tahini, type of kernels unspecified	15.0	1.0 tbsp	0.6
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	0.0
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	0.0
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	0.0
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	0.0
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	0.0
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	0.0
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	0.0
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	0.0
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	0.0
12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	22.7

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	0.4
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	0.4
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	0.8
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	1.8
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	0.6
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	1.8
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	1.8
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	1.5
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	1.5
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	1.9
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	1.9
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	0.0
20066	Semolina, enriched	167.0	1.0 cup	0.0
20466	Semolina, unenriched	167.0	1.0 cup	0.0
11922	Sesbania flower, cooked, steamed, with salt	104.0	1.0 cup	38.5
11448	Sesbania flower, cooked, steamed, without salt	104.0	1.0 cup	38.5
11447	Sesbania flower, raw	3.0	1.0 flower	2.2
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0.0
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0.4
11677	Shallots, raw	10.0	1.0 tbsp chopped	0.8
19097	Sherbet, orange	74.0	0.5 cup (4 fl oz)	1.7
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0.0
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	0.0
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	0.0
04550	Shortening frying (heavy duty), beef tallow and cottonseed	12.8	1.0 tbsp	0.0
04556	Shortening frying (heavy duty), palm (hydrogenated)	12.8	1.0 tbsp	0.0
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	0.0
04559	Shortening household soybean (hydrogenated) and palm	12.8	1.0 tbsp	0.0
04549	Shortening industrial, lard and vegetable oil	12.8	1.0 tbsp	0.0
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	0.0
04570	Shortening, confectionery, fractionated palm	13.6	1.0 tbsp	0.0
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	0.0
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	0.0
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	12.8	1.0 tbsp	0.0
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	12.8	1.0 tbsp	0.0

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04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	0.0
04595	Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)	12.8	1.0 tbsp	0.0
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	12.8	1.0 tbsp	0.0
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	12.8	1.0 tbsp	0.0
04615	Shortening, vegetable, household, composite	12.8	1.0 tbsp	0.0
21140	Side dishes, potato salad	95.0	0.333 cup	1.0
16259	SILK Banana-Strawberry soy yogurt	170.0	1.0 container	29.9
16256	SILK Black Cherry soy yogurt	170.0	1.0 container	29.9
16257	SILK Blueberry soy yogurt	170.0	1.0 container	29.9
16247	SILK Chai, soymilk	243.0	1.0 cup	0.0
16237	SILK Chocolate, soymilk	243.0	1.0 cup	0.0
16249	SILK Coffee, soymilk	243.0	1.0 cup	0.0
16261	SILK French Vanilla Creamer	15.0	1.0 tbsp	0.0
16262	SILK Hazelnut Creamer	15.0	1.0 tbsp	30.0
16258	SILK Key Lime soy yogurt	170.0	1.0 container	29.9
16240	SILK Light Chocolate, soymilk	243.0	1.0 cup	0.0
16238	SILK Light Plain, soymilk	243.0	1.0 cup	0.0
16239	SILK Light Vanilla, soymilk	243.0	1.0 cup	0.0
16248	SILK Mocha, soymilk	243.0	1.0 cup	0.0
16246	SILK Nog, soymilk	122.0	0.5 cup	0.0
16260	SILK Original Creamer	15.0	1.0 tbsp	0.0
16255	SILK Peach soy yogurt	170.0	1.0 container	29.9
16252	SILK Plain soy yogurt	227.0	1.0 container	30.0
16235	SILK Plain, soymilk	243.0	1.0 cup	0.0
16243	SILK Plus Fiber, soymilk	243.0	1.0 cup	0.0
16242	SILK Plus for Bone Health, soymilk	243.0	1.0 cup	0.0
16241	SILK Plus Omega-3 DHA, soymilk	243.0	1.0 cup	0.0
16254	SILK Raspberry soy yogurt	170.0	1.0 container	29.9
16253	SILK Strawberry soy yogurt	170.0	1.0 container	29.9
16244	SILK Unsweetened, soymilk	243.0	1.0 cup	0.0
16250	SILK Vanilla soy yogurt (family size)	227.0	1.0 container	0.0
16251	SILK Vanilla soy yogurt (single serving size)	170.0	1.0 container	29.9
16236	SILK Vanilla, soymilk	243.0	1.0 cup	0.0
16245	SILK Very Vanilla, soymilk	243.0	1.0 cup	20.9
06620	SMART SOUP, French Lentil	283.0	10.0 oz 1 pouch	0.0

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06621	SMART SOUP, Greek Minestrone	283.0	10.0 oz 1 pouch	0.0
06622	SMART SOUP, Indian Bean Masala	283.0	10.0 oz 1 pouch	0.0
06623	SMART SOUP, Moroccan Chick Pea	283.0	10.0 oz 1 pouch	0.0
06619	SMART SOUP, Santa Fe Corn Chowder	283.0	10.0 oz 1 pouch	0.0
06624	SMART SOUP, Thai Coconut Curry	283.0	10.0 oz 1 pouch	0.0
06625	SMART SOUP, Vietnamese Carrot Lemongrass	283.0	10.0 oz 1 pouch	0.0
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	0.0
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	0.0
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	0.2
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	0.3
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	0.0
25046	Snacks, bagel chips, plain	28.35	1.0 oz	0.0
19400	Snacks, banana chips	28.35	1.0 oz	1.8
19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	0.0
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	1.9
25059	Snacks, brown rice chips	9.0	1.0 cake	0.0
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	36.0
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	60.0
25051	Snacks, CLIF BAR, mixed flavors	68.0	1.0 bar	60.0
19419	Snacks, corn cakes	9.0	1.0 cake	0.0
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	0.0
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	0.5
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	0.5
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	0.0
43447	Snacks, corn-based, extruded, chips, unsalted	88.0	1.0 cup, crushed	1.8
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	0.0
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	0.5
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz, crunchy (about 21 pieces)	0.0
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	0.0
19401	Snacks, cornnuts, barbecue-flavor	28.35	1.0 oz	0.1
19403	Snacks, crisped rice bar, almond	28.0	1.0 bar (1 oz)	3.2
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	0.0
19272	Snacks, FARLEY CANDY, FARLEY Fruit Snacks, with vitamins A, C, and E	26.0	1.0 pouch	23.5
25023	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, Harvest Cheddar flavor	28.35	1.0 oz	0.3
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	0.0

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25022	Snacks, FRITOLAY, SUNCHIPS, multigrain, French onion flavor	28.35	1.0 oz	0.3
19013	Snacks, fruit leather, pieces	28.35	1.0 oz	15.9
19274	Snacks, fruit leather, pieces, with vitamin C	21.0	1.0 serving	25.2
19014	Snacks, fruit leather, rolls	21.0	1.0 large	25.2
19269	Snacks, GENERAL MILLS, BETTY CROCKER Fruit Roll Ups, berry flavored, with vitamin C	28.0	2.0 rolls	33.6
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	0.0
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	0.0
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET& SALTY NUT, peanut	35.0	1.0 bar	0.1
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	0.0
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	0.0
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	0.3
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	9.1
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	0.0
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	0.0
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	0.1
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	0.1
42272	Snacks, granola bar, with coconut, chocolate coated	28.35	1.0 oz	0.1
19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	0.0
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	0.0
19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	0.1
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	0.2
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	0.5
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	0.1
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	0.0
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	0.2
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	0.0
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	0.0
19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	0.0
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	0.0
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	0.0
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	0.0
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	0.0
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	0.0
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	37.0	1.0 bar	0.0
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	0.0

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19009	Snacks, KRAFT, CORNNUTS, plain	28.35	1.0 oz	0.0
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	0.0
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	28.0	1.0 bar	0.0
25009	Snacks, M&M MARS, KUDOS Whole Grain Bar, M&M's milk chocolate	24.0	1.0 bar	0.0
25007	Snacks, M&M MARS, KUDOS Whole Grain Bars, peanut butter	28.0	1.0 bar	0.1
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	0.1
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0.1
25037	Snacks, pita chips, salted	28.35	1.0 oz	0.0
25027	Snacks, plantain chips, salted	28.35	1.0 oz	9.1
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	0.0
19806	Snacks, popcorn, air-popped (Unsalted)	8.0	1.0 cup	0.0
19036	Snacks, popcorn, cakes	10.0	1.0 cake	0.0
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	0.0
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	0.0
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	0.1
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	8.0	1.0 cup	0.0
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	0.0
25001	Snacks, popcorn, microwave, low fat	28.35	1.0 oz	0.0
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.0
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0.0
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	11.0	1.0 cup	0.0
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	0.4
19041	Snacks, pork skins, plain	28.35	1.0 oz	0.1
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	17.7
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	15.3
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	2.6
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	8.0
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	7.6
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	0.2
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	2.4
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	30.8
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	3.4
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1.0 oz	2.7
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	28.35	1.0 oz	8.8
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	28.35	1.0 oz	8.8

1941 Smacks, peniar, chips, plain, saland 280 1.10 or 6.81 1981 Smacks, pontor chips, plain, manbed 28.35 1.0 or 7.8 19042 Smacks, pontor chips, reduced fat 28.35 1.0 or 7.0 19043 Smacks, pontor chips, reducer caream-and-onion-flavor 28.35 1.0 or 0.0 19145 Smacks, pontor chips, cour-cream-and-onion-flavor 28.35 1.0 or 0.0 19148 Smacks, pontor chips, cour-cream-and-onion-flavor 28.35 1.0 or 0.0 19148 Smacks, protain sticks. 28.35 1.0 or 0.0 19148 Smacks, protack, pro	NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
19422 Sancks, potauchips, reduced fat 28.35 1.0 oz 7.8 19043 Sancks, potauch chips, sour-cream-aid-orion-flavor 28.35 1.0 oz 0.0 18428 Sancks, potauch chips, sour-cream-aid-orion-flavor 28.55 1.0 oz 1.84 19435 Sancks, potauth six kills, reduction-flavor 28.55 1.0 oz 0.0 19416 Sancks, pretzels, hard, plain, made with curiched floor, almeded 28.55 1.0 oz 0.0 19812 Sancks, pretzels, hard, plain, made with unceriched floor, unsalted 28.55 1.0 oz 0.0 19813 Sancks, pretzels, hard, plain, made with unceriched floor, unsalted 28.55 1.0 oz 0.0 19813 Sancks, pretzels, hard, plain, salted 28.55 1.0 oz 0.0 19816 Sancks, pretzels, hard, plain, salted 28.55 1.0 oz 0.0 1995 Sancks, pretzels, hard, plain, salted 28.55 1.0 oz 0.0 1995 Sancks, rice cakes, brown rice, place, treated and unsalted 9.0 1.0 cake 0.0 1994 Sancks, rice cakes, brown rice, plain, unsalted	19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	6.0
19913 Snacks, potatu chips, sour scream and onion flavor 28.35 10.00 0.00 42283 Sancks, potatu chips, white, restructed, bladed 28.35 10.00 3.34 19918 Sancks, potatu chips, white, restructed, bladed 28.35 10.00 0.01 19814 Sancks, pretzels, hard, confectioner's coating, checolate-flavor 28.35 10.00 0.01 19812 Sancks, pretzels, hard, plain, made with unestiched flour, unsalted 28.35 10.00 0.00 19813 Sancks, pretzels, hard, plain, made with unestiched flour, unsalted 28.35 10.00 0.00 19917 Sancks, pretzels, hard, plain, sated 28.35 10.00 0.00 19918 Sancks, pretzels, hard, plain, sated 28.35 10.00 0.00 19919 Sancks, pretzels, hard, plain, sated 28.35 10.00 0.00 19919 Sancks, pretzels, hard, plain, sated 9.0 10.0a 0.00 19818 Sancks, pretzels, hard, plain, sated 9.0 10.0a 0.00 19819 Sancks, rice cakes, brown rice, multigrain, unsated 9.0 </td <td>19811</td> <td>Snacks, potato chips, plain, unsalted</td> <td>28.35</td> <td>1.0 oz</td> <td>8.8</td>	19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	8.8
92283 Snacks, potato chips, white, restructured, baked 34.0 1.0 cap 0.0 19415 Snacks, potato sticks 28.35 1.0 cap 1.34 19814 Snacks, pertezels, hard, plain, made with enriched floor, unsalted 28.35 1.0 cap 0.0 19812 Snacks, pertezels, hard, plain, made with unenriched floor, unsalted 28.35 1.0 cap 0.0 19813 Snacks, pertezels, hard, plain, made with unenriched floor, unsalted 28.35 1.0 cap 0.0 19813 Snacks, pertezels, hard, plain, made with unenriched floor, unsalted 28.35 1.0 cap 0.0 19907 Snacks, pertezels, hard, plain, salted 28.35 1.0 cap 0.0 19908 Snacks, recerales, hard, whole wheat including both salted and unsalted 28.35 1.0 cap 0.0 19918 Snacks, rice cakes, brown rice, buckwheat, unsalted 9.0 1.0 cake 0.0 19817 Snacks, rice cakes, brown rice, pushing unsalted 9.0 1.0 cake 0.0 19818 Snacks, rice cakes, brown rice, pushing unsalted 9.0 1.0 cake 0.0 19818	19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	7.3
19415 Snecks, preaters, knot. confectioner's coating, checolate-flavor 28.35 1.0 oz 0.1 19484 Snecks, peretzels, knot. confectioner's coating, checolate-flavor 28.35 1.0 oz 0.0 19812 Snecks, peretzels, knot. plain, made with unenriched floor, unsalted 28.35 1.0 oz 0.0 19813 Snecks, peretzels, hard, plain, made with unenriched floor, unsalted 28.35 1.0 oz 0.0 19907 Snecks, peretzels, hard, plain, salted 28.35 1.0 oz 0.0 19097 Snecks, peretzels, hard, whole-wheat including both salted and unsalted 28.35 1.0 oz 0.0 19098 Snecks, rice cakes, brown rice, buck-wheat 9.0 1.0 cake 0.0 19097 Snecks, rice cakes, brown rice, buck-wheat, unsalted 9.0 1.0 cake 0.0 19098 Snecks, rice cakes, brown rice, buck-wheat, unsalted 9.0 1.0 cake 0.0 1941 Snecks, rice cakes, brown rice, putualizati, unsalted 9.0 1.0 cake 0.0 1941 Snecks, rice cakes, brown rice, putualizati, unsalted 9.0 1.0 cake 0.0	19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	10.6
19048 Snacks, pretzels, hard, confectioner's coating, chocolate-flavor 28.35 1.0 oz 0.1 19814 Snacks, pretzels, hard, plain, made with unerriched flour, unsalted 28.35 1.0 oz 0.0 19813 Snacks, pretzels, hard, plain, made with unerriched flour, unsalted 28.35 1.0 oz 0.0 19047 Snacks, pretzels, hard, plain, salted with unerriched flour, unsalted 28.35 1.0 oz 0.0 19059 Snacks, pretzels, hard, plain, salted with unerriched flour, unsalted 28.35 1.0 oz 0.0 19050 Snacks, pretzels, hard, plain, salted 28.35 1.0 oz 0.0 19050 Snacks, free cakes, brown rice, puckwheat 0.0 0 0.0 0.0 19817 Snacks, free cakes, brown rice, buckwheat 9.0 1.0 cake 0.0 19818 Snacks, free cakes, brown rice, untilgrain 9.0 1.0 cake 0.0 19814 Snacks, free cakes, brown rice, untilgrain, unsalted 9.0 1.0 cake 0.0 19816 Snacks, rice cakes, brown rice, unsalted 9.0 1.0 cake 0.0 19818	42283	Snacks, potato chips, white, restructured, baked	34.0	1.0 cup	0.0
19814 Snacks, pretzels, hard, plain, made with unenriched flour, unsalted 28,35 1.0 oz 0.0 19812 Snacks, pretzels, hard, plain, made with unenriched flour, unsalted 28,35 1.0 oz 0.0 19913 Snacks, pretzels, hard, plain, made with unenriched flour, unsalted 28,35 1.0 oz 0.0 19050 Snacks, pretzels, hard, plain, salted 28,35 1.0 oz 0.3 19052 Snacks, pretzels, hard, whole-wheat including both salted and unsalted 28,35 1.0 oz 0.3 19052 Snacks, rice cakes, brown rice, buckwheat 9.0 1.0 cake 0.0 19413 Snacks, rice cakes, brown rice, puckwheat, unsalted 9.0 1.0 cake 0.0 19414 Snacks, rice cakes, brown rice, multigrain 9.0 1.0 cake 0.0 19414 Snacks, rice cakes, brown rice, multigrain, unsalted 9.0 1.0 cake 0.0 19816 Snacks, rice cakes, brown rice, puting, unsalted 9.0 1.0 cake 0.0 19816 Snacks, rice cakes, brown rice, seams seed 9.0 1.0 cake 0.0 19816 Snacks,	19415	Snacks, potato sticks	28.35	1.0 oz	13.4
19812 Snacks, pretzels, hard, plain, made with unenriched flour, unsalted 28.35 1.0 or 0.0 19813 Snacks, pretzels, hard, plain, made with unenriched flour, unsalted 28.35 1.0 or 0.0 19907 Snacks, pretzels, hard, plain, nated 28.35 1.0 or 0.0 19050 Snacks, pretzels, hard, whole-wheat including both salted and unsalted 28.35 1.0 or 0.0 19072 Snacks, rice cakes, brown rice, buckwheat, unsalted 9.0 1.0 cake 0.0 19817 Snacks, rice cakes, brown rice, multigrain 9.0 1.0 cake 0.0 19818 Snacks, rice cakes, brown rice, multigrain, unsalted 9.0 1.0 cake 0.0 19818 Snacks, rice cakes, brown rice, seame seed, unsalted 9.0 1.0 cake 0.0 19819 Snacks, rice cakes, brown rice, seame seed, unsalted 9.0 1.0 cake 0.0 19810 Snacks, rice cakes, brown rice, seame seed, unsalted 29.0 1.0 cake 0.0 19810 Snacks, rice cakes, brown rice, seame seed, unsalted 28.3 1.0 or 0.0 19820 <td< td=""><td>19048</td><td>Snacks, pretzels, hard, confectioner's coating, chocolate-flavor</td><td>28.35</td><td>1.0 oz</td><td>0.1</td></td<>	19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	0.1
1981 Snacks, pretzels, hard, plain, made with unerriched flour, unsalted 28.35 1.0 or 0.0 6 1997 Snacks, pretzels, hard, plain, salted 28.35 1.0 or 0.6 1908 Snacks, pretzels, hard, plain, salted 28.35 1.0 or 0.0 1909 Snacks, rice cakes, brown rice, buckwheat 9.0 1.0 cake 0.0 1941 Snacks, rice cakes, brown rice, om 9.0 1.0 cake 0.0 1941 Snacks, rice cakes, brown rice, om utiligratin, unsalted 9.0 1.0 cake 0.0 1941 Snacks, rice cakes, brown rice, untiligratin, unsalted 9.0 1.0 cake 0.0 1941 Snacks, rice cakes, brown rice, sesant sead 9.0 1.0 cake 0.0 1941 Snacks, rice cakes, brown rice, sesant sead 9.0 1.0 cake 0.0 1941 Snacks, rice cakes, brown rice, sesant sead 9.0 1.0 cake 0.0 1941 Snacks, rice cakes, brown rice, sesant sead 9.0 1.0 cake 0.0 1941 Snacks, rice cakes, brown rice, plain 2.3 1.0 cake 0.	19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	0.0
19047 Snacks, pretzels, hard, plain, salted 28.35 1.0 oz 0.5 19050 Snacks, pretzels, hard, whole-wheat including both salted and unsalted 28.35 1.0 oz 0.3 19052 Snacks, rice cakes, brown rice, buckwheat, unsalted 90 1.0 cake 0.00 19413 Snacks, rice cakes, brown rice, com 90 1.0 cake 0.0 19414 Snacks, rice cakes, brown rice, multigrain 9.0 1.0 cake 0.0 19418 Snacks, rice cakes, brown rice, multigrain, unsalted 9.0 1.0 cake 0.0 19818 Snacks, rice cakes, brown rice, pullity mustled 9.0 1.0 cake 0.0 19816 Snacks, rice cakes, brown rice, seasme seed 9.0 1.0 cake 0.0 19819 Snacks, rice cakes, brown rice, seasme seed 9.0 1.0 cake 0.0 19819 Snacks, rice cakes, brown rice, seasme seed 9.0 1.0 cake 0.0 19819 Snacks, rice cakes, brown rice, seame seed, unsalted 28.35 1.0 cake 0.0 19820 Snacks, rice cakes, brown rice, plain 28.35 <t< td=""><td>19812</td><td>Snacks, pretzels, hard, plain, made with unenriched flour, salted</td><td>28.35</td><td>1.0 oz</td><td>0.0</td></t<>	19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	28.35	1.0 oz	0.0
1905 Snacks, pretzels, hard, whole-wheat including both salted and unsalted 28.35 1.0 oz 0.3 19052 Snacks, free cakes, brown rice, buckwheat 9.0 1.0 cake 0.0 19817 Snacks, rice cakes, brown rice, corn 9.0 1.0 cake 0.0 19413 Snacks, rice cakes, brown rice, corn 9.0 1.0 cake 0.0 19414 Snacks, rice cakes, brown rice, multigrain 9.0 1.0 cake 0.0 19818 Snacks, rice cakes, brown rice, paint, unsalted 9.0 1.0 cake 0.0 19816 Snacks, rice cakes, brown rice, paint, unsalted 9.0 1.0 cake 0.0 19819 Snacks, rice cakes, brown rice, paint, unsalted 9.0 1.0 cake 0.0 19819 Snacks, rice cakes, brown rice, paint 9.0 1.0 cake 0.0 19819 Snacks, rice cakes, brown rice, paint 9.0 1.0 cake 0.0 19819 Snacks, rice cakes, brown rice, paint 9.0 1.0 cake 0.0 19819 Snacks, rice cracker brown rice, paint 2.0 0.0 0.0	19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	0.0
19052 Snacks, rice cakes, brown rice, buckwheat, unsalted 9.0 1.0 cake 0.0 19817 Snacks, rice cakes, brown rice, buckwheat, unsalted 9.0 1.0 cake 0.0 19413 Snacks, rice cakes, brown rice, com 9.0 1.0 cake 0.0 19414 Snacks, rice cakes, brown rice, multigrain, unsalted 9.0 1.0 cake 0.0 19816 Snacks, rice cakes, brown rice, pultigrain, unsalted 9.0 1.0 cake 0.0 19816 Snacks, rice cakes, brown rice, pultigrain, unsalted 9.0 1.0 cake 0.0 19816 Snacks, rice cakes, brown rice, seame seed, unsalted 9.0 1.0 cake 0.0 19819 Snacks, rice cakes, brown rice, seame seed, unsalted 9.0 1.0 cake 0.3 19819 Snacks, rice cakes, brown rice, seame seed, unsalted 28.35 1.0 cake 0.0 19819 Snacks, rice cakes, brown rice, seame seed, unsalted 28.35 1.0 cake 0.0 19820 Snacks, sow, chips cakes, strown rice, seame seed, unsalted 28.35 1.0 cake 0.0 19821 Snacks, sow, chips cariags	19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	0.6
19817 Snacks, rice cakes, brown rice, buckwheat, unsalted 9.0 1.0 cake 0.0 19413 Snacks, rice cakes, brown rice, com 9.0 1.0 cake 0.0 19414 Snacks, rice cakes, brown rice, multigrain 9.0 1.0 cake 0.0 19818 Snacks, rice cakes, brown rice, multigrain, unsalted 9.0 1.0 cake 0.0 19816 Snacks, rice cakes, brown rice, plain, unsalted 9.0 1.0 cake 0.0 19816 Snacks, rice cakes, brown rice, seame seed 9.0 1.0 cake 0.0 19816 Snacks, rice cakes, brown rice, seame seed, unsalted 9.0 1.0 cake 0.0 19819 Snacks, rice cakes, brown rice, seame seed, unsalted 9.0 1.0 cake 0.3 19819 Snacks, rice cakes, brown rice, seame seed, unsalted 28.35 1.0 cake 0.0 19810 Snacks, seame sticks, wheat-based, unsalted 28.35 1.0 ca 0.0 19820 Snacks, seame sticks, wheat-based, unsalted 28.35 1.0 ca 0.0 19273 Snacks, soy chips or crisps, salted 28.35 1.0	19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	0.3
19413 Snacks, rice cakes, brown rice, corn 9.0 1.0 cake 0.0 19414 Snacks, rice cakes, brown rice, multigrain 9.0 1.0 cake 0.0 19818 Snacks, rice cakes, brown rice, multigrain, unsalted 9.0 1.0 cake 0.0 19816 Snacks, rice cakes, brown rice, plain, unsalted 9.0 1.0 cake 0.0 19416 Snacks, rice cakes, brown rice, plain, unsalted 9.0 1.0 cake 0.0 19416 Snacks, rice cakes, brown rice, psame seed 9.0 1.0 cake 0.0 19819 Snacks, rice cakes, brown rice, psame seed, unsalted 9.0 1.0 cake 0.3 19819 Snacks, rice craker brown rice, plain 9.0 1.0 cake 0.0 19819 Snacks, since sticks, wheat-based, sulted 28.35 1.0 cake 0.0 19819 Snacks, seame sticks, wheat-based, unsalted 28.35 1.0 cake 0.0 19820 Snacks, soy chips or crisps, salted 28.35 1.0 cake 0.0 19273 Snacks, SUNKIST, SUNKIST Fruit Roll, strawberry, with vitamins A, C, and E 21.0 <t< td=""><td>19052</td><td>Snacks, rice cakes, brown rice, buckwheat</td><td>9.0</td><td>1.0 cake</td><td>0.0</td></t<>	19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	0.0
19414 Snacks, rice cakes, brown rice, multigrain 9.0 1.0 cake 0.0 19818 Snacks, rice cakes, brown rice, multigrain, unsalted 9.0 1.0 cake 0.0 19816 Snacks, rice cakes, brown rice, plain, unsalted 9.0 1.0 cake 0.0 19416 Snacks, rice cakes, brown rice, plain, unsalted 9.0 1.0 cake 0.0 19416 Snacks, rice cakes, brown rice, sesame seed 9.0 1.0 cake 0.3 19953 Snacks, rice cakes, brown rice, sesame seed, unsalted 9.0 1.0 cake 0.3 19819 Snacks, rice cracker brown rice, sesame seed, unsalted 9.0 1.0 cake 0.3 19951 Snacks, sice same sticks, wheat-based, unsalted 28.35 1.0 oz 0.0 19820 Snacks, sesame sticks, wheat-based, unsalted 28.35 1.0 oz 0.0 25025 Snacks, soy chips or crisps, salted 28.35 1.0 oz 0.0 25025 Snacks, soy chips or crisps, salted 28.35 1.0 oz 0.0 25025 Snacks, soy chips or crisps, salted 28.35 1.0 oz	19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9.0	1.0 cake	0.0
19818 Snacks, rice cakes, brown rice, multigrain, unsalted 9.0 1.0 cake 0.0 19816 Snacks, rice cakes, brown rice, plain, unsalted 9.0 1.0 cake 0.0 19416 Snacks, rice cakes, brown rice, rye 9.0 1.0 cake 0.0 19033 Snacks, rice cakes, brown rice, sesame seed 9.0 1.0 cake 0.3 19819 Snacks, rice cakes, brown rice, plain 9.0 1.0 cake 0.3 19051 Snacks, rice crakes, brown rice, plain 9.0 1.0 cake 0.0 1948 Snacks, sine crakes, brown rice, plain 9.0 1.0 cake 0.0 1948 Snacks, sine crakes, brown rice, plain 9.0 1.0 cake 0.0 1948 Snacks, sine crakes, brown rice, plain 9.0 1.0 cake 0.0 1948 Snacks, sine crakes, brown rice, seame seed, unsalted 28.35 1.0 oz 0.0 1948 Snacks, seame sticks, wheat-based, salted 28.35 1.0 oz 0.0 1920 Snacks, sorythin sor crisps, salted 28.35 1.0 oz 0.0 <t< td=""><td>19413</td><td>Snacks, rice cakes, brown rice, corn</td><td>9.0</td><td>1.0 cake</td><td>0.0</td></t<>	19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	0.0
19816 Snacks, rice cakes, brown rice, plain, unsalted 9.0 1.0 cake 0.0 19416 Snacks, rice cakes, brown rice, rye 9.0 1.0 cake 0.0 19053 Snacks, rice cakes, brown rice, sesame seed 9.0 1.0 cake 0.3 19819 Snacks, rice cracker brown rice, sesame seed, unsalted 9.0 1.0 cake 0.0 19418 Snacks, rice cracker brown rice, plain 9.0 1.0 cake 0.0 19418 Snacks, sesame sticks, wheat-based, salted 28.35 1.0 oz 0.0 19820 Snacks, sesame sticks, wheat-based, unsalted 28.35 1.0 oz 0.0 25025 Snacks, soy chips or crisps, salted 28.35 1.0 oz 0.0 19273 Snacks, SUNKIST, SUNKIST Fruit Roll, strawberry, with vitamins A, C, and E 21.0 1.0 roll 17.1 25012 Snacks, see typotato chips, unsalted 28.35 1.0 oz 0.0 19524 Snacks, taro chips 1.0 oz 1.4 4356 Snacks, taro chips, unsalted 28.35 1.0 oz 1.6 1983	19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	0.0
19416 Snacks, rice cakes, brown rice, rye 9.0 1.0 cake 0.0 19053 Snacks, rice cakes, brown rice, sesame seed 9.0 1.0 cake 0.3 19819 Snacks, rice cakes, brown rice, sesame seed, unsalted 9.0 1.0 cake 0.3 19051 Snacks, rice cracker brown rice, plain 9.0 1.0 cake 0.0 19418 Snacks, sesame sticks, wheat-based, salted 28.35 1.0 oz 0.0 19820 Snacks, sesame sticks, wheat-based, unsalted 28.35 1.0 oz 0.0 25025 Snacks, sy chips or crisps, salted 28.35 1.0 oz 0.0 19273 Snacks, sy chips or crisps, salted 28.35 1.0 oz 0.0 19274 Snacks, SUNKIST, SUNKIST Fruit Roll, strawberry, with vitamins A, C, and E 21.0 1.0 roll 17.1 25012 Snacks, sevet potato chips, unsalted 28.35 1.0 oz 0.0 19524 Snacks, stortilla chips, light (baked with less oil) 63.0 1.0 cup, crushed 0.1 19444 Snacks, tortilla chips, low fat, unsalted 28.35 1.0 oz	19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	0.0
19053 Snacks, rice cakes, brown rice, sesame seed 9.0 1.0 cake 0.3 19819 Snacks, rice cakes, brown rice, sesame seed, unsalted 9.0 1.0 cake 0.3 19051 Snacks, rice cracker brown rice, plain 9.0 1.0 cake 0.0 19418 Snacks, sesame sticks, wheat-based, salted 28.35 1.0 oz 0.0 19820 Snacks, sesame sticks, wheat-based, unsalted 28.35 1.0 oz 0.0 25025 Snacks, soy chips or crisps, salted 28.35 1.0 oz 0.0 19273 Snacks, SUNKIST, SUNKIST Fruit Roll, strawberry, with vitamins A, C, and E 21.0 1.0 roll 17.1 25012 Snacks, sweet potato chips, unsalted 28.35 1.0 oz 0.0 19524 Snacks, taro chips 28.35 1.0 oz 1.4 43566 Snacks, tortilla chips, light (baked with less oil) 63.0 1.0 cup, crushed 0.1 19444 Snacks, tortilla chips, low fat, unsalted 28.35 1.0 oz 0.1 19857 Snacks, tortilla chips, nacho cheese 28.35 1.0 oz 0.1 </td <td>19816</td> <td>Snacks, rice cakes, brown rice, plain, unsalted</td> <td>9.0</td> <td>1.0 cake</td> <td>0.0</td>	19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0.0
19819 Snacks, rice cakes, brown rice, sesame seed, unsalted 9.0 1.0 cake 0.3 19051 Snacks, rice cracker brown rice, plain 9.0 1.0 cake 0.0 19418 Snacks, sesame sticks, wheat-based, salted 28.35 1.0 oz 0.0 19820 Snacks, sesame sticks, wheat-based, unsalted 28.35 1.0 oz 0.0 25025 Snacks, soy chips or crisps, salted 28.35 1.0 oz 0.0 19273 Snacks, SUNKIST, SUNKIST Fruit Roll, strawberry, with vitamins A, C, and E 21.0 1.0 roll 17.1 25012 Snacks, sweet potato chips, unsalted 28.35 1.0 oz 0.0 19524 Snacks, taro chips 28.35 1.0 oz 1.4 43566 Snacks, tortilla chips, light (baked with less oil) 63.0 1.0 cup, crushed 0.1 19444 Snacks, tortilla chips, low fat, made with olestra, nacho cheese 28.35 1.0 oz 0.1 19833 Snacks, tortilla chips, low fat, unsalted 28.35 1.0 oz 0.1 19957 Snacks, tortilla chips, nacho-cheese 28.35 1.0 oz </td <td>19416</td> <td>Snacks, rice cakes, brown rice, rye</td> <td>9.0</td> <td>1.0 cake</td> <td>0.0</td>	19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	0.0
19051 Snacks, rice cracker brown rice, plain 9.0 1.0 cake 0.0 19418 Snacks, sesame sticks, wheat-based, salted 28.35 1.0 oz 0.0 19820 Snacks, sesame sticks, wheat-based, unsalted 28.35 1.0 oz 0.0 25025 Snacks, soy chips or crisps, salted 28.35 1.0 oz 0.0 19273 Snacks, SUNKIST, SUNKIST Fruit Roll, strawberry, with vitamins A, C, and E 21.0 1.0 roll 17.1 25012 Snacks, sweet potato chips, unsalted 28.35 1.0 oz 0.0 19524 Snacks, taro chips 28.35 1.0 oz 1.4 43566 Snacks, tortilla chips, light (baked with less oil) 63.0 1.0 cup, crushed 0.1 19444 Snacks, tortilla chips, low fat, made with olestra, nacho cheese 28.35 1.0 oz 1.6 19833 Snacks, tortilla chips, nacho cheese 28.35 1.0 oz 0.1 19057 Snacks, tortilla chips, nacho-flavor, made with enriched masa flour 28.35 1.0 oz 0.5 19857 Snacks, tortilla chips, nacho-flavor, reduced fat 28.35 <td>19053</td> <td>Snacks, rice cakes, brown rice, sesame seed</td> <td>9.0</td> <td>1.0 cake</td> <td>0.3</td>	19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	0.3
19418 Snacks, sesame sticks, wheat-based, aslted 28.35 1.0 oz 0.0 19820 Snacks, sesame sticks, wheat-based, unsalted 28.35 1.0 oz 0.0 25025 Snacks, soy chips or crisps, salted 28.35 1.0 oz 0.0 19273 Snacks, SUNKIST, SUNKIST Fruit Roll, strawberry, with vitamins A, C, and E 21.0 1.0 roll 17.1 25012 Snacks, sweet potato chips, unsalted 28.35 1.0 oz 0.0 19524 Snacks, taro chips 28.35 1.0 oz 1.4 43566 Snacks, tortilla chips, light (baked with less oil) 63.0 1.0 cup, crushed 0.1 19444 Snacks, tortilla chips, low fat, made with olestra, nacho cheese 28.35 1.0 oz 1.6 19833 Snacks, tortilla chips, low fat, unsalted 28.35 1.0 oz 0.1 19057 Snacks, tortilla chips, nacho cheese 28.35 1.0 oz 0.1 19857 Snacks, tortilla chips, nacho-flavor, made with enriched masa flour 28.35 1.0 oz 0.5 19424 Snacks, tortilla chips, nacho-flavor, reduced fat 28.35<	19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	0.3
19820 Snacks, sesame sticks, wheat-based, unsalted 28.35 1.0 oz 0.0 25025 Snacks, soy chips or crisps, salted 28.35 1.0 oz 0.0 19273 Snacks, SUNKIST, SUNKIST Fruit Roll, strawberry, with vitamins A, C, and E 21.0 1.0 roll 17.1 25012 Snacks, sweet potato chips, unsalted 28.35 1.0 oz 0.0 19524 Snacks, taro chips 28.35 1.0 oz 1.4 43566 Snacks, tortilla chips, light (baked with less oil) 63.0 1.0 cup, crushed 0.1 19444 Snacks, tortilla chips, low fat, made with olestra, nacho cheese 28.35 1.0 oz 1.6 19833 Snacks, tortilla chips, low fat, unsalted 28.35 1.0 oz 0.1 19957 Snacks, tortilla chips, nacho cheese 28.35 1.0 oz 0.1 19857 Snacks, tortilla chips, nacho-flavor, made with enriched masa flour 28.35 1.0 oz 0.5 19424 Snacks, tortilla chips, nacho-flavor, reduced fat 28.35 1.0 oz 0.1	19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	0.0
25025 Snacks, soy chips or crisps, salted 28.35 1.0 oz 0.0 19273 Snacks, SUNKIST, SUNKIST Fruit Roll, strawberry, with vitamins A, C, and E 21.0 1.0 roll 17.1 25012 Snacks, sweet potato chips, unsalted 28.35 1.0 oz 0.0 19524 Snacks, taro chips 28.35 1.0 oz 1.4 43566 Snacks, tortilla chips, light (baked with less oil) 63.0 1.0 cup, crushed 0.1 19444 Snacks, tortilla chips, low fat, made with olestra, nacho cheese 28.35 1.0 oz 1.6 19833 Snacks, tortilla chips, low fat, unsalted 28.35 1.0 oz 0.1 19057 Snacks, tortilla chips, nacho cheese 28.35 1.0 oz 0.1 19857 Snacks, tortilla chips, nacho-flavor, made with enriched masa flour 28.35 1.0 oz 0.5 19424 Snacks, tortilla chips, nacho-flavor, reduced fat 28.35 1.0 oz 0.1	19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	0.0
19273 Snacks, SUNKIST, SUNKIST Fruit Roll, strawberry, with vitamins A, C, and E 21.0 1.0 roll 17.1 25012 Snacks, sweet potato chips, unsalted 28.35 1.0 oz 0.0 19524 Snacks, taro chips 28.35 1.0 oz 1.4 43566 Snacks, tortilla chips, light (baked with less oil) 63.0 1.0 cup, crushed 0.1 19444 Snacks, tortilla chips, low fat, made with olestra, nacho cheese 28.35 1.0 oz 1.6 19833 Snacks, tortilla chips, low fat, unsalted 28.35 1.0 oz 0.1 19057 Snacks, tortilla chips, nacho cheese 28.35 1.0 oz 0.1 19857 Snacks, tortilla chips, nacho-flavor, made with enriched masa flour 28.35 1.0 oz 0.5 19424 Snacks, tortilla chips, nacho-flavor, reduced fat 28.35 1.0 oz 0.5	19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	0.0
25012 Snacks, sweet potato chips, unsalted 28.35 1.0 oz 0.0 19524 Snacks, taro chips 28.35 1.0 oz 1.4 43566 Snacks, tortilla chips, light (baked with less oil) 63.0 1.0 cup, crushed 0.1 19444 Snacks, tortilla chips, low fat, made with olestra, nacho cheese 28.35 1.0 oz 1.6 19833 Snacks, tortilla chips, low fat, unsalted 28.35 1.0 oz 0.1 19057 Snacks, tortilla chips, nacho cheese 28.35 1.0 oz 0.1 19857 Snacks, tortilla chips, nacho-flavor, made with enriched masa flour 28.35 1.0 oz 0.5 19424 Snacks, tortilla chips, nacho-flavor, reduced fat 28.35 1.0 oz 0.1	25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	0.0
19524 Snacks, taro chips 28.35 1.0 oz 1.4 43566 Snacks, tortilla chips, light (baked with less oil) 63.0 1.0 cup, crushed 0.1 19444 Snacks, tortilla chips, low fat, made with olestra, nacho cheese 28.35 1.0 oz 1.6 19833 Snacks, tortilla chips, low fat, unsalted 28.35 1.0 oz 0.1 19057 Snacks, tortilla chips, nacho cheese 28.35 1.0 oz 0.1 19857 Snacks, tortilla chips, nacho-flavor, made with enriched masa flour 28.35 1.0 oz 0.5 19424 Snacks, tortilla chips, nacho-flavor, reduced fat 28.35 1.0 oz 0.1	19273	Snacks, SUNKIST, SUNKIST Fruit Roll, strawberry, with vitamins A, C, and E	21.0	1.0 roll	17.1
Snacks, tortilla chips, light (baked with less oil) 19444 Snacks, tortilla chips, low fat, made with olestra, nacho cheese 28.35 1.0 oz 1.6 19833 Snacks, tortilla chips, low fat, unsalted 28.35 1.0 oz 0.1 19057 Snacks, tortilla chips, nacho cheese 28.35 1.0 oz 0.1 19857 Snacks, tortilla chips, nacho-flavor, made with enriched masa flour 28.35 1.0 oz 0.1 19424 Snacks, tortilla chips, nacho-flavor, reduced fat 28.35 1.0 oz 0.1	25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	0.0
19444 Snacks, tortilla chips, low fat, made with olestra, nacho cheese 28.35 1.0 oz 1.6 19833 Snacks, tortilla chips, low fat, unsalted 28.35 1.0 oz 0.1 19057 Snacks, tortilla chips, nacho cheese 28.35 1.0 oz 0.1 19857 Snacks, tortilla chips, nacho-flavor, made with enriched masa flour 28.35 1.0 oz 0.5 19424 Snacks, tortilla chips, nacho-flavor, reduced fat 28.35 1.0 oz 0.1	19524	Snacks, taro chips	28.35	1.0 oz	1.4
19833Snacks, tortilla chips, low fat, unsalted28.351.0 oz0.119057Snacks, tortilla chips, nacho cheese28.351.0 oz0.119857Snacks, tortilla chips, nacho-flavor, made with enriched masa flour28.351.0 oz0.519424Snacks, tortilla chips, nacho-flavor, reduced fat28.351.0 oz0.1	43566	Snacks, tortilla chips, light (baked with less oil)	63.0	1.0 cup, crushed	0.1
19057 Snacks, tortilla chips, nacho cheese 28.35 1.0 oz 0.1 19857 Snacks, tortilla chips, nacho-flavor, made with enriched masa flour 28.35 1.0 oz 0.5 19424 Snacks, tortilla chips, nacho-flavor, reduced fat 28.35 1.0 oz 0.1	19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	1.6
19857 Snacks, tortilla chips, nacho-flavor, made with enriched masa flour 28.35 1.0 oz 0.5 19424 Snacks, tortilla chips, nacho-flavor, reduced fat 28.35 1.0 oz 0.1	19833	Snacks, tortilla chips, low fat, unsalted	28.35	1.0 oz	0.1
19424 Snacks, tortilla chips, nacho-flavor, reduced fat 28.35 1.0 oz 0.1	19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	0.1
	19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	0.5
19056 Snacks, tortilla chips, plain, white corn, salted 28.35	19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	0.1
	19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.0
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	0.3
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	0.0
19059	Snacks, trail mix, regular	150.0	1.0 cup	2.1
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	2.1
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	1.9
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	1.9
19061	Snacks, trail mix, tropical	140.0	1.0 cup	10.6
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	3.4
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	1.4
20650	Sorghum flour, refined, unenriched	161.0	1.0 cup	1.0
20648	Sorghum flour, whole-grain	121.0	1.0 cup	1.0
20067	Sorghum grain	192.0	1.0 cup	0.0
06190	Soup, bean & Damp; ham, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	2.7
06006	Soup, bean with frankfurters, canned, condensed	263.0	1.0 cup (8 fl oz)	1.8
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	1.0
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243.0	1.0 cup (8 fl oz)	4.4
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	1.6
06404	Soup, bean with pork, canned, prepared with equal volume water	266.0	1.0 serving 1 cup	1.6
06978	Soup, beef and mushroom, low sodium, chunk style	251.0	1.0 cup	7.5
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	9.0
27062	Soup, beef barley, ready to serve	208.0	1.0 cup	1.0
06032	Soup, beef broth bouillon and consomme, canned, condensed	124.0	0.5 cup	0.9
06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	0.0
06075	Soup, beef broth or bouillon, powder, dry	3.6	1.0 cube	0.0
06475	Soup, beef broth or bouillon, powder, prepared with water	240.0	1.0 serving 1 cup	0.0
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	1.0
06076	Soup, beef broth, cubed, dry	3.6	1.0 cube	0.0
06476	Soup, beef broth, cubed, prepared with water	240.0	1.0 serving 1 cup	0.0
06188	Soup, beef broth, less/reduced sodium, ready to serve	219.0	1.0 cup	0.0
06147	Soup, beef mushroom, canned, condensed	126.0	0.5 cup (4 fl oz)	0.0
06547	Soup, beef mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	4.6
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	0.4
06409	Soup, beef noodle, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.5
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	240.0	1.0 cup	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	0.5
06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	0.2
06981	Soup, bouillon cubes and granules, low sodium, dry	2.6	1.0 tsp	0.0
06584	Soup, broccoli cheese, canned, condensed, commercial	121.0	1.0 serving 1/2 cup	2.4
06011	Soup, cheese, canned, condensed	124.0	0.5 cup	0.2
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	1.3
06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.0
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	0.0
06081	Soup, chicken broth cubes, dry	4.8	1.0 cube	0.0
06481	Soup, chicken broth cubes, dry, prepared with water	243.0	1.0 cup (8 fl oz)	0.0
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	0.0
06480	Soup, chicken broth or bouillon, dry, prepared with water	241.0	1.0 cup 8 fl oz	0.0
06013	Soup, chicken broth, canned, condensed	126.0	0.5 cup (4 fl oz)	0.0
06413	Soup, chicken broth, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.0
06183	Soup, chicken broth, less/reduced sodium, ready to serve	240.0	1.0 cup	1.0
06970	Soup, chicken broth, low sodium, canned	240.0	1.0 cup	0.0
06194	Soup, chicken broth, ready-to-serve	249.0	1.0 cup	0.0
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	5.0
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	4.9
06726	Soup, chicken mushroom chowder, chunky, ready-to-serve, single brand	240.0	1.0 serving	4.8
06149	Soup, chicken mushroom, canned, condensed	124.0	0.5 cup	0.0
06549	Soup, chicken mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.0
06019	Soup, chicken noodle, canned, condensed	124.0	0.5 cup	0.0
06419	Soup, chicken noodle, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.0
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	0.0
06528	Soup, chicken noodle, dry, mix, prepared with water	245.0	1.0 cup	0.0
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.0
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	1.0
06022	Soup, chicken rice, canned, chunky, ready-to-serve	240.0	1.0 cup	3.8
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	245.0	1.0 cup	9.8
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	1.0
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	0.0
06423	Soup, chicken with rice, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	0.2
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	1.2
06026	Soup, chili beef, canned, condensed	263.0	1.0 cup (8 fl oz)	8.2

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	3.9
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	7.1
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	2.1
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	1.6
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	240.0	1.0 cup	1.7
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	240.0	1.0 cup (8 fl oz)	12.2
06028	Soup, clam chowder, manhattan, canned, condensed	126.0	0.5 cup (4 fl oz)	4.0
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	249.0	1.0 serving 1 cup	4.0
06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	5.2
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	5.3
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	5.0
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	17.1
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	2.8
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	4.0
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	2.7
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	0.3
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	1.5
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	0.2
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	0.1
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	0.0
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	1.2
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	0.2
06483	Soup, cream of chicken, dry, mix, prepared with water	261.0	1.0 cup 8 fl oz	0.5
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0.0
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	251.0	1.0 cup	0.0
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.3
06443	Soup, cream of mushroom, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.0
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	244.0	1.0 cup	1.0
06046	Soup, cream of onion, canned, condensed	126.0	0.5 cup	1.3
06246	Soup, cream of onion, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	2.5
06446	Soup, cream of onion, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	1.2
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	0.2
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	1.2
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.0
06056	Soup, cream of shrimp, canned, condensed	126.0	0.5 cup	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	253.0	1.0 cup (8 fl oz)	0.3
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	0.0
06101	Soup, cream of vegetable, dry, powder	18.0	1.0 packet	3.0
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	15.7
06315	Soup, HEALTHY CHOICE Chicken and Rice Soup, canned	240.0	1.0 serving 1 cup	2.4
06314	Soup, HEALTHY CHOICE Chicken Noodle Soup, canned	243.0	1.0 serving 1 cup	0.0
06316	Soup, HEALTHY CHOICE Garden Vegetable Soup, canned	246.0	1.0 serving 1 cup	2.5
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	0.0
06037	Soup, lentil with ham, canned, ready-to-serve	248.0	1.0 cup (8 fl oz)	4.2
06039	Soup, minestrone, canned, chunky, ready-to-serve	240.0	1.0 cup	4.8
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	1.1
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	1.2
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	245.0	1.0 cup	14.0
06042	Soup, mushroom barley, canned, condensed	126.0	0.5 cup (4 fl oz)	0.0
06442	Soup, mushroom barley, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.0
06044	Soup, mushroom with beef stock, canned, condensed	126.0	0.5 cup (4 fl oz)	1.0
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	1.0
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	1.2
06094	Soup, onion, dry, mix	7.5	1.0 serving 1 tbsp	0.3
06494	Soup, onion, dry, mix, prepared with water	230.0	1.0 serving 1 cup	0.2
06048	Soup, oyster stew, canned, condensed	123.0	0.5 cup (4 fl oz)	3.2
06248	Soup, oyster stew, canned, prepared with equal volume milk	245.0	1.0 cup (8 fl oz)	4.4
06448	Soup, oyster stew, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	3.1
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	1.7
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	2.8
06449	Soup, pea, green, canned, prepared with equal volume water	259.0	1.0 serving 1 cup	1.6
06965	Soup, pea, low sodium, prepared with equal volume water	259.0	1.0 cup	1.6
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	7.0
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	1.5
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	1.5
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	210.0	1.0 cup	0.6
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	0.2
06982	Soup, ramen noodle, beef flavor, dry	82.0	1.0 package without flavor packet	0.5
06983	Soup, ramen noodle, chicken flavor, dry	81.0	1.0 package without flavor packet	0.0
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	40.0	1.41 oz dry (half noodle block)	0.5

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
06180	Soup, shark fin, restaurant-prepared	216.0	1.0 cup	0.2
06730	Soup, split pea with ham, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	243.0	1.0 serving	10.2
06170	Soup, stock, beef, home-prepared	240.0	1.0 cup	0.0
06172	Soup, stock, chicken, home-prepared	240.0	1.0 cup	0.5
06174	Soup, stock, fish, home-prepared	233.0	1.0 cup	0.2
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	0.0
06615	Soup, SWANSON, vegetable broth	220.0	1.0 cup	0.9
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	0.0
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.0
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	5.9
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	7.0
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	5.9
06063	Soup, tomato rice, canned, condensed	129.0	0.5 cup (4 fl oz)	14.8
06463	Soup, tomato rice, canned, prepared with equal volume water	247.0	1.0 cup	14.3
06159	Soup, tomato, canned, condensed	148.0	1.0 cup	19.1
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	15.6
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	15.9
06559	Soup, tomato, canned, prepared with equal volume water, commercial	248.0	1.0 serving 1 cup	15.6
06498	Soup, tomato, dry, mix, prepared with water	265.0	1.0 cup 8 fl oz	5.3
06964	Soup, tomato, low sodium, with water	248.0	1.0 serving 1 cup	15.6
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.2
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.0
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	6.4
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	2.4
06471	Soup, vegetable beef, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	2.4
06700	Soup, vegetable broth, ready to serve	221.0	1.0 cup	0.9
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	241.0	1.0 cup	5.5
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	253.0	1.0 cup	1.0
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	2.3
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	2.4
06217	Soup, vegetable, canned, low sodium, condensed	126.0	0.5 cup	1.0
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	1.5
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241.0	1.0 cup	1.4
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	1.6
01180	Sour cream, fat free	12.0	1.0 tablespoon	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
01074	Sour cream, imitation, cultured	28.35	1.0 oz	0.0
01179	Sour cream, light	12.0	1.0 tablespoon	0.1
01178	Sour cream, reduced fat	12.0	1.0 tablespoon	0.1
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.1
09315	Soursop, raw	225.0	1.0 cup, pulp	46.4
16117	Soy flour, defatted	105.0	1.0 cup	0.0
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	0.0
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	0.0
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	0.0
16119	Soy meal, defatted, raw	122.0	1.0 cup	0.0
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	0.0
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	0.0
16122	Soy protein isolate	28.35	1.0 oz	0.0
16422	Soy protein isolate, potassium type	28.35	1.0 oz	0.0
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	0.0
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	0.0
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0.0
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0.0
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	0.0
43299	Soybean, curd cheese	225.0	1.0 cup	0.0
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	30.6
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	30.6
11450	Soybeans, green, raw	256.0	1.0 cup	74.2
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	2.9
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	2.9
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	4.3
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	11.2
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	3.8
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	3.8
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	7.8
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	7.8
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	5.4
16223	Soymilk (All flavors), enhanced	243.0	1.0 cup	17.5
16229	Soymilk (All flavors), lowfat, with added calcium, vitamins A and D	243.0	1.0 cup	0.0
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
16222	Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	0.0
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	0.0
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	0.0
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	4.1
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	4.1
16228	Soymilk, original and vanilla, light, unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	0.0
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	0.0
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	0.0
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	0.0
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	15.3
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	0.0
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	0.0
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	0.0
20126	Spaghetti, spinach, dry	57.0	2.0 oz	0.0
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	4.7
22929	SPAGHETTIOS, Mini Beef Ravioli in Meat Sauce	259.0	1.0 cup	1.3
22930	SPAGHETTIOS, Spaghetti in Tomato & Samp; Cheese Sauce	252.0	1.0 cup (1 serving)	0.0
22932	SPAGHETTIOS, SpaghettiOs A to Z's	252.0	1.0 cup (1 serving)	2.5
22966	SPAGHETTIOS, SpaghettiOs with Meatballs - Easy Open	206.0	1.0 can (1 serving)	6.0
22942	SPAGHETTIOS, SpaghettiOs A to Z's with Meatballs	252.0	1.0 cup (1 serving)	6.0
22937	SPAGHETTIOS, SpaghettiOs in Meat Sauce	252.0	1.0 cup (1 serving)	0.0
22931	SPAGHETTIOS, SpaghettiOs Original	252.0	1.0 cup (1 serving)	2.5
22965	SPAGHETTIOS, SpaghettiOs Original, easy open	213.0	1.0 can (1 serving)	0.0
22938	SPAGHETTIOS, SpaghettiOs plus Calcium	252.0	1.0 cup (1 serving)	2.5
22939	SPAGHETTIOS, SpaghettiOs RavioliOs Beef Ravioli in Meat Sauce	252.0	1.0 cup (1 serving)	0.0
22940	SPAGHETTIOS, SpaghettiOs with Meatballs	252.0	1.0 cup (1 serving)	6.0
22941	SPAGHETTIOS, SpaghettiOs with Sliced Franks	252.0	1.0 cup (1 serving)	6.0
02066	Spearmint, dried	0.5	1.0 tsp	0.0
02065	Spearmint, fresh	0.3	2.0 leaves	0.0
20141	Spelt, cooked	194.0	1.0 cup	0.0
20140	Spelt, uncooked	174.0	1.0 cup	0.0
02001	Spices, allspice, ground	1.9	1.0 tsp	0.7
02002	Spices, anise seed	2.1	1.0 tsp, whole	0.4
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0.0
02004	Spices, bay leaf	0.6	1.0 tsp, crumbled	0.3

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
02005	Spices, caraway seed	2.1	1.0 tsp	0.4
02006	Spices, cardamom	2.0	1.0 tsp, ground	0.4
02007	Spices, celery seed	2.0	1.0 tsp	0.3
02008	Spices, chervil, dried	0.6	1.0 tsp	0.3
02009	Spices, chili powder	2.7	1.0 tsp	0.0
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.1
02011	Spices, cloves, ground	2.1	1.0 tsp	0.0
02012	Spices, coriander leaf, dried	0.6	1.0 tsp	3.4
02013	Spices, coriander seed	1.8	1.0 tsp	0.4
02014	Spices, cumin seed	2.1	1.0 tsp, whole	0.2
02015	Spices, curry powder	2.0	1.0 tsp	0.0
02016	Spices, dill seed	2.1	1.0 tsp	0.4
02017	Spices, dill weed, dried	1.0	1.0 tsp	0.5
02018	Spices, fennel seed	2.0	1.0 tsp, whole	0.4
02019	Spices, fenugreek seed	3.7	1.0 tsp	0.1
02020	Spices, garlic powder	3.1	1.0 tsp	0.0
02021	Spices, ginger, ground	1.8	1.0 tsp	0.0
02022	Spices, mace, ground	1.7	1.0 tsp	0.4
02023	Spices, marjoram, dried	0.6	1.0 tsp	0.3
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.1
02025	Spices, nutmeg, ground	2.2	1.0 tsp	0.1
02026	Spices, onion powder	2.4	1.0 tsp	0.6
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0.0
02028	Spices, paprika	2.3	1.0 tsp	0.0
02029	Spices, parsley, dried	0.5	1.0 tsp	0.6
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0.0
02031	Spices, pepper, red or cayenne	1.8	1.0 tsp	1.4
02032	Spices, pepper, white	2.4	1.0 tsp, ground	0.5
02033	Spices, poppy seed	2.8	1.0 tsp	0.0
02034	Spices, poultry seasoning	1.5	1.0 tsp	0.2
02035	Spices, pumpkin pie spice	1.7	1.0 tsp	0.4
02036	Spices, rosemary, dried	1.2	1.0 tsp	0.7
02037	Spices, saffron	0.7	1.0 tsp	0.6
02038	Spices, sage, ground	0.7	1.0 tsp	0.2
02039	Spices, savory, ground	1.4	1.0 tsp	0.7

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
02041	Spices, tarragon, dried	0.6	1.0 tsp, leaves	0.3
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	0.5
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.0
11658	Spinach souffle	136.0	1.0 cup	9.9
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	31.6
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	30.6
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	31.6
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	17.6
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	17.6
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	2.1
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	2.1
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	8.6
11457	Spinach, raw	30.0	1.0 cup	8.4
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	253.0	1.0 cup	0.0
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	2.4
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	5.2
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	4.4
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	18.1
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	9.9
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	9.9
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	19.2
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	5.7
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	20.9
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	20.9
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	13.1
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	13.1
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	8.3
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	24.5
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	9.7
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	25.9
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	23.4
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	11.6
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	23.2
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	8.3
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	8.3

11477 Squash, summer, zuechini, includes skin, ruw 124.0 1.0 cup, chopped 22.2 11881 Squash, summer, zuechini, includes skin, ruw 227.0 1.0 cup 3.2 11846 Squash, winter, zuechini, includes skyle, cunted 205.0 1.0 cup, cubse 22.1 11865 Squash, winter, zuechin, cubel, skyle, with sult 205.0 1.0 cup, mashed 15.9 11865 Squash, winter, zuechin, cooked, boiled, mashed, with sult 245.0 1.0 cup, mashed 15.9 11862 Squash, winter, zuechin, cooked, baled, without sult 245.0 1.0 cup, cubes 15.4 11863 Squash, winter, all varieties, cooked, baled, without sult 205.0 1.0 cup, cubes 15.4 11864 Squash, winter, all varieties, cooked, baled, without sult 205.0 1.0 cup, cubes 19.7 11645 Squash, winter, butternut, croked, baled, without sult 205.0 1.0 cup, cubes 3.10 11866 Squash, winter, butternut, frozen, cooked, belied, without sult 206.0 1.0 cup, cubes 3.10 11867 Squash, winter, butternut, frozen, cooked, belied, without sult 240.0 1.0	NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11811 Squash, summer, zucchini, Indian style, canned 227.0 1.0 cup, cubes 221.1 11845 Squash, winter, acom, cooked, obsied, with sait 205.0 1.0 cup, cubes 221.1 11845 Squash, winter, acom, cooked, obsied, with sait 205.0 1.0 cup, mashed 1.59 11846 Squash, winter, acom, cooked, boiled, mashed, without sait 245.0 1.0 cup, mashed 1.59 11842 Squash, winter, acom, cooked, baled, without sait 205.0 1.0 cup, cubes 3.73 11843 Squash, winter, all varieties, cooked, baked, without sait 205.0 1.0 cup, cubes 3.73 11844 Squash, winter, all varieties, cooked, baked, without sait 205.0 1.0 cup, cubes 3.73 11845 Squash, winter, buttermut, cooked, baked, with sait 205.0 1.0 cup, cubes 3.10 11846 Squash, winter, buttermut, cooked, baked, with sait 205.0 1.0 cup, cubes 3.10 11847 Squash, winter, buttermut, frozen, cooked, boiled, with sait 204.0 1.0 cup, cubes 3.4 11848 Squash, winter, buttermut, frozen, cooked, boiled, with sait 200.0 1	11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	5.0
11844 Squath, winter, acom, cooked, baked, with salt 2080 1.0 cup, cubes 22.1 11855 Squath, winter, acom, cooked, baked, with salt 2050 1.0 cup, cubes 22.1 11865 Squath, winter, acom, cooked, baled, without salt 2450 1.0 cup, meshed 1.59 11842 Squath, winter, acom, cooked, baked, without salt 2450 1.0 cup, cubes 1.54 11863 Squath, winter, all varieties, cooked, baked, without salt 2050 1.0 cup, cubes 3.7 11864 Squath, winter, all varieties, cooked, baked, without salt 2080 1.0 cup, cubes 3.7 11645 Squath, winter, all varieties, cooked, baked, without salt 2080 1.0 cup, cubes 4.3 11646 Squath, winter, butternut, cooked, baked, without salt 2050 1.0 cup, cubes 3.0 11866 Squath, winter, butternut, cooked, baked, without salt 2050 1.0 cup, cubes 3.0 11867 Squath, winter, butternut, foozer, cooked, bolled, with salt 2000 1.0 cup, cube 3.0 11868 Squath, winter, butternut, foozer, cooked, bolled, without salt 200 1.0 cup, cub	11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	22.2
11483 Squash, winter, acorn. cooked, baked, withust salt 20.60 1.0 cup, cubes 22.1 11865 Squash, winter, acorn. cooked, boiled, mashed, with salt 22.50 1.0 cup, mashed 15.9 11842 Squash, winter, acorn. cooked, boiled, mashed, without salt 22.50 1.0 cup, mashed 15.9 11863 Squash, winter, all varieties, cooked, baked, without salt 205.0 1.0 cup, cubes 37.4 11864 Squash, winter, all varieties, cooked, baked, without salt 205.0 1.0 cup, cubes 19.7 11643 Squash, winter, all varieties, cooked, baked, without salt 205.0 1.0 cup, cubes 19.7 11644 Squash, winter, butternut, cooked, baked, without salt 205.0 1.0 cup, cubes 13.0 11866 Squash, winter, butternut, cooked, baked, without salt 205.0 1.0 cup, cubes 31.0 11876 Squash, winter, butternut, foora, cooked, boiled, with salt 200.0 1.0 cup, cubes 32.0 11885 Squash, winter, butternut, foora, unprepared 113.0 0.33 package (207) 7.0 11885 Squash, winter, pubbard, baked, without salt 205.0	11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	5.2
11665 Squash, winer, acorn, cooked, bolled, mashed, with oat salt 245.0 1.0 cup, mashed 1.5.9 11844 Squash, winer, acorn, cooked, bolled, mashed, without salt 240.0 1.0 cup, mashed 15.9 11842 Squash, winer, acorn, cooked, bulled, without salt 205.0 1.0 cup, cubes 1.3.4 11843 Squash, winer, all varieties, cooked, bulked, without salt 205.0 1.0 cup, cubes 1.9.7 11844 Squash, winter, all varieties, row 116.0 0.0 cup, cubes 1.3.1 11865 Squash, winter, all varieties, row 116.0 0.0 cup, cubes 3.1.0 11866 Squash, winter, butternut, cooked, baked, with salt 205.0 1.0 cup, cubes 3.1.0 11867 Squash, winter, butternut, cooked, baked, without salt 200.0 1.0 cup, mashed 8.4 11868 Squash, winter, butternut, frozen, conked, boiled, without salt 201.0 1.0 cup, mashed 8.4 11879 Squash, winter, butternut, frozen, unperpared 113.0 0.33 package (12 or) 7.0 11880 Squash, winter, butternut, frozen, unperpared 115.0 1.0 cup, cubes	11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	22.1
11484 Squash, winter, acom, cooked, boiled, mashed, without salt 245.0 1.0 cup, cubes 15.9 11482 Squash, winter, all varieties, cooked, baked, with salt 205.0 1.0 cup, cubes 3.7 11644 Squash, winter, all varieties, cooked, baked, without salt 205.0 1.0 cup, cubes 19.7 11643 Squash, winter, all varieties, cooked, baked, without salt 205.0 1.0 cup, cubes 14.3 11866 Squash, winter, butternut, cooked, baked, without salt 205.0 1.0 cup, cubes 31.0 11867 Squash, winter, butternut, cooked, baked, without salt 240.0 1.0 cup, mashed 8.4 11887 Squash, winter, butternut, frozen, cooked, boiled, without salt 240.0 1.0 cup, mashed 8.4 11888 Squash, winter, butternut, frozen, cooked, boiled, without salt 240.0 1.0 cup, mashed 8.4 11888 Squash, winter, butternut, frozen, cooked, boiled, without salt 240.0 1.0 cup, cubes 19.5 11885 Squash, winter, butbard, baked, without salt 205.0 1.0 cup, cubes 19.5 11890 Squash, winter, bubbard, cooked, boiled, with salt	11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	22.1
11482 Squash, winter, acom, raw 1400 1.0 cup, cubes 1.5.4 11863 Squash, winter, all varieties, cooked, baked, without salt 205.0 1.0 cup, cubes 3.7 11644 Squash, winter, all varieties, cooked, baked, without salt 205.0 1.0 cup, cubes 1.43 11866 Squash, winter, butternut, cooked, baked, without salt 205.0 1.0 cup, cubes 3.10 11867 Squash, winter, butternut, foezer, cooked, baled, without salt 205.0 1.0 cup, cubes 3.10 11878 Squash, winter, butternut, foezer, cooked, boiled, without salt 200.0 1.0 cup, masked 8.4 11888 Squash, winter, butternut, frozer, cooked, boiled, without salt 2400 1.0 cup, masked 8.4 11887 Squash, winter, butternut, frozer, cooked, boiled, without salt 240 1.0 cup, cubes 9.2 11888 Squash, winter, butternut, frozer, cooked, boiled, without salt 205.0 1.0 cup, cubes 9.2 11898 Squash, winter, hubbard, cooked, boiled, without salt 205.0 1.0 cup, cubes 1.5 11899 Squash, winter, hubbard, cooked, boiled, without salt 230<	11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	15.9
11863 Squash, winter, all varieties, cooked, baked, with salt 2050 1.0 cup, cubes 3.7 11644 Squash, winter, all varieties, rooked, baked, without salt 2050 1.0 cup, cubes 19.7 11653 Squash, winter, all varieties, rooked, baked, with salt 2050 1.0 cup, cubes 31.0 11866 Squash, winter, butternat, cooked, baked, with salt 2050 1.0 cup, cubes 31.0 11867 Squash, winter, butternat, frozen, cooked, boiled, without salt 2000 1.0 cup, cubes 31.0 11868 Squash, winter, butternat, frozen, cooked, boiled, without salt 2000 1.0 cup, mashed 84 11867 Squash, winter, butternat, frozen, cooked, boiled, without salt 200 1.0 cup, mashed 84 11868 Squash, winter, butternat, frozen, unprepared 1130 0.33 package (12 oz) 7.0 11868 Squash, winter, bubbard, baked, without salt 2050 1.0 cup, cubes 294 11869 Squash, winter, bubbard, baked, without salt 2360 1.0 cup, cubes 1.53 11891 Squash, winter, bubbard, cooked, boiled, mashed, without salt 2360 <t< td=""><td>11484</td><td>Squash, winter, acorn, cooked, boiled, mashed, without salt</td><td>245.0</td><td>1.0 cup, mashed</td><td>15.9</td></t<>	11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	15.9
11644 Squash, winter, all varieties, cooked, baked, without salt 2050 1.0 cup, cubes 1.9.7 11643 Squash, winter, all varieties, raw 1160 1.0 cup, cubes 1.4.3 11866 Squash, winter, buttermut, cooked, baked, without salt 2050 1.0 cup, cubes 3.10 11867 Squash, winter, buttermut, frozen, cooked, boiled, without salt 2000 1.0 cup, mashed 8.4 11888 Squash, winter, buttermut, frozen, cooked, boiled, without salt 2400 1.0 cup, mashed 8.4 11488 Squash, winter, buttermut, frozen, conceed, boiled, without salt 2400 1.0 cup, mashed 8.4 11487 Squash, winter, buttermut, frozen, conceed, boiled, without salt 250 1.0 cup, mashed 8.4 11488 Squash, winter, butbard, baked, without salt 2050 1.0 cup, cubes 294 11889 Squash, winter, bubbard, cooked, boiled, mashed, without salt 230 1.0 cup, mashed 15.3 11490 Squash, winter, bubbard, cooked, boiled, drained, or baked, with salt 150 1.0 cup, mashed 15.3 11491 Squash, winter, paphetit, cooked, boiled, drained, or baked, with	11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	15.4
11643 Squash, winter, all varieties, raw 1160 1.0 cup, cubes 14.3 11866 Squash, winter, butternut, cooked, baked, without salt 205.0 1.0 cup, cubes 31.0 11486 Squash, winter, butternut, frozen, cooked, boiled, without salt 205.0 1.0 cup, cubes 31.0 11487 Squash, winter, butternut, frozen, cooked, boiled, without salt 240.0 1.0 cup, mashed 8.4 11488 Squash, winter, butternut, frozen, cooked, boiled, without salt 240.0 0.33 package (12 or) 7.0 11485 Squash, winter, butternut, frozen, unprepured 113.0 0.33 package (12 or) 7.0 11486 Squash, winter, butberd, baked, without salt 205.0 1.0 cup, cubes 29.4 11487 Squash, winter, hubbard, baked, without salt 205.0 1.0 cup, cubes 19.5 11489 Squash, winter, hubbard, baked, without salt 236.0 1.0 cup, cubes 19.5 11489 Squash, winter, hubbard, cooked, boiled, mashed, without salt 236.0 1.0 cup, cubes 12.8 11490 Squash, winter, paghetti, cooked, boiled, dirained, or baked, without salt 155.0	11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	3.7
11866 Squash, winter, butternut, cooked, baked, without salt 205.0 1.0 cup, cubes 3.1.0 11866 Squash, winter, butternut, cooked, baked, without salt 205.0 1.0 cup, cubes 31.0 11867 Squash, winter, butternut, frozen, cooked, boiled, without salt 240.0 1.0 cup, mashed 8.4 11848 Squash, winter, butternut, frozen, cooked, boiled, without salt 240.0 1.0 cup, mashed 8.4 11848 Squash, winter, butternut, frozen, uprepared 113.0 0.33 package (12 oz) 7.0 11848 Squash, winter, butternut, frozen, uprepared 116.0 1.0 cup, cubes 29.4 11868 Squash, winter, butbard, baked, with salt 205.0 1.0 cup, cubes 19.5 11869 Squash, winter, hubbard, baked, without salt 236.0 1.0 cup, mashed 15.3 11869 Squash, winter, hubbard, cooked, boiled, mashed, without salt 236.0 1.0 cup, mashed 15.3 11491 Squash, winter, hubbard, cooked, boiled, drained, or baked, without salt 15.0 1.0 cup, cubes 12.8 11492 Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	19.7
11486 Squash, winter, butternut, cooked, baked, without salt 205.0 1.0 cup, cubes 31.0 11867 Squash, winter, butternut, frozen, cooked, boiled, with salt 240.0 1.0 cup, mashed 8.4 11488 Squash, winter, butternut, frozen, cooked, boiled, without salt 240.0 1.0 cup, mashed 8.4 11487 Squash, winter, butternut, frozen, unprepared 113.0 0.33 package (12 oz) 7.0 11488 Squash, winter, butternut, raw 140.0 1.0 cup, cubes 19.5 11868 Squash, winter, hubbard, baked, with salt 205.0 1.0 cup, cubes 19.5 11869 Squash, winter, hubbard, baked, without salt 236.0 1.0 cup, mashed 15.3 11869 Squash, winter, hubbard, cooked, boiled, mashed, without salt 236.0 1.0 cup, mashed 15.3 11489 Squash, winter, hubbard, cooked, boiled, drained, or baked, with salt 155.0 1.0 cup, cubes 12.8 11870 Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt 155.0 1.0 cup 5.4 11892 Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt <t< td=""><td>11643</td><td>Squash, winter, all varieties, raw</td><td>116.0</td><td>1.0 cup, cubes</td><td>14.3</td></t<>	11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	14.3
11867 Squash, winter, butternut, frozen, cooked, boiled, with salt 2400 1.0 cup, mashed 8.4 11488 Squash, winter, butternut, frozen, cooked, boiled, without salt 2400 1.0 cup, mashed 8.4 11487 Squash, winter, butternut, frozen, unprepared 113.0 0.33 package (12 coz) 7.0 11485 Squash, winter, butbernt, trow 140.0 1.0 cup, cubes 29.4 11868 Squash, winter, hubbard, baked, with salt 205.0 1.0 cup, cubes 19.5 11809 Squash, winter, hubbard, cooked, boiled, mashed, with salt 236.0 1.0 cup, mashed 15.3 11491 Squash, winter, hubbard, cooked, boiled, mashed, without salt 236.0 1.0 cup, mashed 15.3 11492 Squash, winter, hubbard, cooked, boiled, drained, or baked, with salt 115.0 1.0 cup, mashed 15.3 11489 Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt 155.0 1.0 cup, cubes 28.2 11870 Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt 155.0 1.0 cup, cube 2.1 11953 Squash, winter, spaghetti, cooked, boiled, drained	11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	31.0
11488 Squash, winter, butternut, frozen, cooked, boiled, without salt 240.0 1.0 cup, mashed 8.4 11487 Squash, winter, butternut, frozen, unprepared 113.0 0.33 package (12 oz) 7.0 11485 Squash, winter, butternut, raw 140.0 1.0 cup, cubes 29.4 11868 Squash, winter, hubbard, baked, with salt 205.0 1.0 cup, cubes 19.5 11869 Squash, winter, hubbard, baked, without salt 236.0 1.0 cup, cubes 15.3 11870 Squash, winter, hubbard, cooked, boiled, mashed, without salt 236.0 1.0 cup, mashed 15.3 11889 Squash, winter, hubbard, raw 116.0 1.0 cup, cubes 12.8 11870 Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt 155.0 1.0 cup, cubes 12.8 11871 Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt 155.0 1.0 cup, cubes 2.1 11872 Squash, winter, spaghetti, raw 101.0 1.0 cup, cubes 2.1 11953 Squash, winter, spaghetti, raw 16.0 1.0 serving 0.0	11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	31.0
11487 Squash, winter, butternut, frozen, unprepared 113.0 0.33 package (12 oz) 7.0 11485 Squash, winter, butternut, raw 140.0 1.0 cup, cubes 29.4 11868 Squash, winter, hubbard, baked, with salt 205.0 1.0 cup, cubes 19.5 11490 Squash, winter, hubbard, cooked, boiled, mashed, with salt 205.0 1.0 cup, cubes 19.5 11869 Squash, winter, hubbard, cooked, boiled, mashed, without salt 236.0 1.0 cup, mashed 15.3 11491 Squash, winter, hubbard, cooked, boiled, mashed, without salt 236.0 1.0 cup, mashed 15.3 11489 Squash, winter, hubbard, raw 116.0 1.0 cup, cubes 12.8 11870 Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt 155.0 1.0 cup, cubes 2.1 11492 Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt 155.0 1.0 cup, cubes 2.1 11493 Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt 155.0 1.0 cup, cubes 2.1 11933 Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	8.4
11485 Squash, winter, butbernut, raw 140.0 1.0 cup, cubes 29.4 11868 Squash, winter, hubbard, baked, with salt 205.0 1.0 cup, cubes 19.5 11490 Squash, winter, hubbard, baked, without salt 205.0 1.0 cup, cubes 19.5 11869 Squash, winter, hubbard, cooked, boiled, mashed, with salt 236.0 1.0 cup, mashed 15.3 11491 Squash, winter, hubbard, cooked, boiled, mashed, without salt 236.0 1.0 cup, mashed 15.3 11492 Squash, winter, hubbard, cooked, boiled, mashed, without salt 116.0 1.0 cup, cubes 12.8 11870 Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt 155.0 1.0 cup 5.4 11492 Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt 155.0 1.0 cup 5.4 11492 Squash, winter, spaghetti, raw 101.0 1.0 cup, cubes 2.1 11953 Squash, winter, spaghetti, raw 16.0 1.0 serving 0.0 35144 Stew, dumpling with mutton (Navajo) 308.0 1.0 serving 0.0 35145	11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	8.4
11868 Squash, winter, hubbard, baked, with salt 205.0 1.0 cup, cubes 19.5 11490 Squash, winter, hubbard, baked, without salt 205.0 1.0 cup, cubes 19.5 11869 Squash, winter, hubbard, cooked, boiled, mashed, without salt 236.0 1.0 cup, mashed 15.3 11491 Squash, winter, hubbard, cooked, boiled, mashed, without salt 236.0 1.0 cup, mashed 15.3 11489 Squash, winter, bubbard, raw 116.0 1.0 cup, cubes 12.8 11870 Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt 155.0 1.0 cup 5.4 11493 Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt 155.0 1.0 cup 5.4 11493 Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt 155.0 1.0 cup 5.4 11493 Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt 155.0 1.0 cup 5.4 11493 Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt 155.0 1.0 cup 5.5 351440 Stew, dumpling with mutton (Navajo) 308.0	11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	7.0
11490 Squash, winter, hubbard, baked, without salt 205.0 1.0 cup, cubes 19.5 11869 Squash, winter, hubbard, cooked, boiled, mashed, with salt 236.0 1.0 cup, mashed 15.3 11491 Squash, winter, hubbard, cooked, boiled, mashed, without salt 236.0 1.0 cup, mashed 15.3 11489 Squash, winter, hubbard, raw 116.0 1.0 cup, cubes 12.8 11870 Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt 155.0 1.0 cup 5.4 11493 Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt 155.0 1.0 cup 5.4 11492 Squash, winter, spaghetti, raw 101.0 1.0 cup, cubes 2.1 11953 Squash, cucchini, baby, raw 16.0 1.0 cup, cubes 2.1 35144 Stew, dumpling with mutton (Navajo) 308.0 1.0 serving 0.0 35145 Stew, hominy with mutton (Navajo) 411.0 1.0 serving 0.0 09316 Strawberries, canned, heavy syrup pack, solids and liquids 254.0 1.0 cup, thawed 105.6 09319 <	11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	29.4
11869 Squash, winter, hubbard, cooked, boiled, mashed, with salt 236.0 1.0 cup, mashed 15.3 11491 Squash, winter, hubbard, cooked, boiled, mashed, without salt 236.0 1.0 cup, mashed 15.3 11489 Squash, winter, hubbard, raw 116.0 1.0 cup, cubes 12.8 11870 Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt 155.0 1.0 cup 5.4 11493 Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt 155.0 1.0 cup 5.4 11492 Squash, winter, spaghetti, raw 101.0 1.0 cup, cubes 2.1 11953 Squash, zucchini, baby, raw 16.0 1.0 large 5.5 35144 Stew, dumpling with mutton (Navajo) 308.0 1.0 serving 0.0 35145 Stew, hominy with mutton (Navajo) 411.0 1.0 serving 0.0 35146 Stew, mutton, corn, squash (Navajo) 303.0 1.0 serving 0.0 09317 Strawberries, canned, heavy syrup pack, solids and liquids 254.0 1.0 cup, thawed 105.6 09319 Strawberries, frozen, sweetened, sliced 255.0 1.0 cup, thawed 100.7	11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	19.5
11491 Squash, winter, hubbard, cooked, boiled, mashed, without salt 236.0 1.0 cup, mashed 15.3 11489 Squash, winter, hubbard, raw 116.0 1.0 cup, cubes 12.8 11870 Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt 155.0 1.0 cup 5.4 11493 Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt 155.0 1.0 cup 5.4 11492 Squash, winter, spaghetti, raw 101.0 1.0 cup, cubes 2.1 11953 Squash, zucchini, baby, raw 16.0 1.0 large 5.5 35144 Stew, dumpling with mutton (Navajo) 308.0 1.0 serving 0.0 35145 Stew, hominy with mutton (Navajo) 411.0 1.0 serving 0.0 35146 Stew, mutton, corn, squash (Navajo) 303.0 1.0 serving 0.0 09317 Strawberries, canned, heavy syrup pack, solids and liquids 254.0 1.0 cup, thawed 105.6 09319 Strawberries, frozen, sweetened, sliced 255.0 1.0 cup, thawed 100.7 09318 Strawberries, frozen, unsweetened 221.0 1.0 cup, thawed 91.1 <	11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	19.5
11489 Squash, winter, hubbard, raw 116.0 1.0 cup, cubes 12.8 11870 Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt 155.0 1.0 cup 5.4 11493 Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt 155.0 1.0 cup 5.4 11492 Squash, winter, spaghetti, raw 101.0 1.0 cup, cubes 2.1 11953 Squash, zucchini, baby, raw 16.0 1.0 large 5.5 35144 Stew, dumpling with mutton (Navajo) 308.0 1.0 serving 0.0 35145 Stew, hominy with mutton (Navajo) 411.0 1.0 serving 0.0 35146 Stew, mutton, corn, squash (Navajo) 303.0 1.0 serving 0.0 09317 Strawberries, canned, heavy syrup pack, solids and liquids 254.0 1.0 cup, thawed 105.6 09320 Strawberries, frozen, sweetened, sliced 255.0 1.0 cup, thawed 105.6 09318 Strawberries, frozen, unsweetened 221.0 1.0 cup, thawed 91.1 09316 Strawberries, raw 152.0 1.0	11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	15.3
11870 Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt 155.0 1.0 cup 5.4 11493 Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt 155.0 1.0 cup 5.4 11492 Squash, winter, spaghetti, raw 101.0 1.0 cup, cubes 2.1 11953 Squash, zucchini, baby, raw 16.0 1.0 large 5.5 35144 Stew, dumpling with mutton (Navajo) 308.0 1.0 serving 0.0 35145 Stew, hominy with mutton (Navajo) 411.0 1.0 serving 0.0 35146 Stew, mutton, corn, squash (Navajo) 303.0 1.0 serving 0.0 09317 Strawberries, canned, heavy syrup pack, solids and liquids 254.0 1.0 cup, thawed 105.6 09320 Strawberries, frozen, sweetened, sliced 255.0 1.0 cup, thawed 105.6 09318 Strawberries, frozen, unsweetened 221.0 1.0 cup, thawed 91.1 09316 Strawberries, raw 152.0 1.0 cup, thawed 91.1	11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	15.3
11493 Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt 155.0 1.0 cup 5.4 11492 Squash, winter, spaghetti, raw 101.0 1.0 cup, cubes 2.1 11953 Squash, zucchini, baby, raw 16.0 1.0 large 5.5 35144 Stew, dumpling with mutton (Navajo) 308.0 1.0 serving 0.0 35145 Stew, hominy with mutton (Navajo) 411.0 1.0 serving 0.0 35146 Stew, mutton, corn, squash (Navajo) 303.0 1.0 serving 0.0 09317 Strawberries, canned, heavy syrup pack, solids and liquids 254.0 1.0 cup 80.5 09320 Strawberries, frozen, sweetened, sliced 255.0 1.0 cup, thawed 105.6 09319 Strawberries, frozen, sweetened, whole 255.0 1.0 cup, thawed 100.7 09318 Strawberries, frozen, unsweetened 221.0 1.0 cup, thawed 91.1 09316 Strawberries, raw 152.0 1.0 cup, thalves 89.4	11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	12.8
11492 Squash, winter, spaghetti, raw 101.0 1.0 cup, cubes 2.1 11953 Squash, zucchini, baby, raw 16.0 1.0 large 5.5 35144 Stew, dumpling with mutton (Navajo) 308.0 1.0 serving 0.0 35145 Stew, hominy with mutton (Navajo) 411.0 1.0 serving 0.0 35146 Stew, mutton, corn, squash (Navajo) 303.0 1.0 serving 0.0 09317 Strawberries, canned, heavy syrup pack, solids and liquids 254.0 1.0 cup, thawed 105.6 09320 Strawberries, frozen, sweetened, sliced 255.0 1.0 cup, thawed 105.6 09319 Strawberries, frozen, sweetened, whole 255.0 1.0 cup, thawed 100.7 09318 Strawberries, frozen, unsweetened 221.0 1.0 cup, thawed 91.1 09316 Strawberries, raw 152.0 1.0 cup, thaves 89.4	11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	5.4
11953 Squash, zucchini, baby, raw 16.0 1.0 large 5.5 35144 Stew, dumpling with mutton (Navajo) 308.0 1.0 serving 0.0 35145 Stew, hominy with mutton (Navajo) 411.0 1.0 serving 0.0 35146 Stew, mutton, corn, squash (Navajo) 303.0 1.0 serving 0.0 09317 Strawberries, canned, heavy syrup pack, solids and liquids 254.0 1.0 cup 80.5 09320 Strawberries, frozen, sweetened, sliced 255.0 1.0 cup, thawed 105.6 09319 Strawberries, frozen, sweetened, whole 255.0 1.0 cup, thawed 100.7 09318 Strawberries, frozen, unsweetened 221.0 1.0 cup, thawed 91.1 09316 Strawberries, raw 152.0 1.0 cup, halves 89.4	11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	5.4
35144 Stew, dumpling with mutton (Navajo) 308.0 1.0 serving 0.0 35145 Stew, hominy with mutton (Navajo) 411.0 1.0 serving 0.0 35146 Stew, mutton, corn, squash (Navajo) 303.0 1.0 serving 0.0 09317 Strawberries, canned, heavy syrup pack, solids and liquids 254.0 1.0 cup, thawed 105.6 09320 Strawberries, frozen, sweetened, sliced 255.0 1.0 cup, thawed 105.6 09319 Strawberries, frozen, sweetened, whole 255.0 1.0 cup, thawed 100.7 09318 Strawberries, frozen, unsweetened 221.0 1.0 cup, thawed 91.1 09316 Strawberries, raw 152.0 1.0 cup, halves 89.4	11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	2.1
35145 Stew, hominy with mutton (Navajo) 411.0 1.0 serving 0.0 35146 Stew, mutton, corn, squash (Navajo) 303.0 1.0 serving 0.0 09317 Strawberries, canned, heavy syrup pack, solids and liquids 254.0 1.0 cup 80.5 09320 Strawberries, frozen, sweetened, sliced 255.0 1.0 cup, thawed 105.6 09319 Strawberries, frozen, sweetened, whole 255.0 1.0 cup, thawed 100.7 09318 Strawberries, frozen, unsweetened 221.0 1.0 cup, thawed 91.1 09316 Strawberries, raw 152.0 1.0 cup, halves 89.4	11953	Squash, zucchini, baby, raw	16.0	1.0 large	5.5
35146 Stew, mutton, corn, squash (Navajo) 303.0 1.0 serving 0.0 09317 Strawberries, canned, heavy syrup pack, solids and liquids 254.0 1.0 cup 80.5 09320 Strawberries, frozen, sweetened, sliced 255.0 1.0 cup, thawed 105.6 09319 Strawberries, frozen, sweetened, whole 255.0 1.0 cup, thawed 100.7 09318 Strawberries, frozen, unsweetened 221.0 1.0 cup, thawed 91.1 09316 Strawberries, raw 152.0 1.0 cup, halves 89.4	35144	Stew, dumpling with mutton (Navajo)	308.0	1.0 serving	0.0
09317 Strawberries, canned, heavy syrup pack, solids and liquids 254.0 1.0 cup 80.5 09320 Strawberries, frozen, sweetened, sliced 255.0 1.0 cup, thawed 105.6 09319 Strawberries, frozen, sweetened, whole 255.0 1.0 cup, thawed 100.7 09318 Strawberries, frozen, unsweetened 221.0 1.0 cup, thawed 91.1 09316 Strawberries, raw 152.0 1.0 cup, halves 89.4	35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	0.0
09320 Strawberries, frozen, sweetened, sliced 255.0 1.0 cup, thawed 105.6 09319 Strawberries, frozen, sweetened, whole 255.0 1.0 cup, thawed 100.7 09318 Strawberries, frozen, unsweetened 221.0 1.0 cup, thawed 91.1 09316 Strawberries, raw 152.0 1.0 cup, halves 89.4	35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	0.0
09319 Strawberries, frozen, sweetened, whole 255.0 1.0 cup, thawed 100.7 09318 Strawberries, frozen, unsweetened 221.0 1.0 cup, thawed 91.1 09316 Strawberries, raw 152.0 1.0 cup, halves 89.4	09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	80.5
09318 Strawberries, frozen, unsweetened 221.0 1.0 cup, thawed 91.1 09316 Strawberries, raw 152.0 1.0 cup, halves 89.4	09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	105.6
09316 Strawberries, raw 152.0 1.0 cup, halves 89.4	09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	100.7
·	09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	91.1
14350 Strawberry-flavor beverage mix, powder 22.0 1.0 serving (2-3 heaping tsp) 0.1	09316	Strawberries, raw	152.0	1.0 cup, halves	89.4
	14350	Strawberry-flavor beverage mix, powder	22.0	1.0 serving (2-3 heaping tsp)	0.1

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
18354	Strudel, apple	28.35	1.0 oz	0.5
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	148.0	6.0 inch sub	1.9
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	184.0	6.0 inch sub	1.7
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	14.7
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	209.0	6.0 inch sub	0.8
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	198.0	6.0 inch sub	2.4
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	0.0
21159	SUBWAY, steak & Dread with American cheese, lettuce and tomato	201.0	6.0 inch sub	1.2
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	207.0	6.0 inch sub	1.7
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	2.5
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	0.0
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	184.0	6.0 inch sub	2.2
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	17.0
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	11.7
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	15.7
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	15.7
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	10.0
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	10.0
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	13.3
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	90.8
19334	Sugars, brown	3.0	1.0 tsp unpacked	0.0
19335	Sugars, granulated	2.8	1.0 serving packet	0.0
19340	Sugars, maple	3.0	1.0 tsp	0.0
19336	Sugars, powdered	120.0	1.0 cup unsifted	0.0
22946	SUPPER BAKES MEAL KITS, Herb Chicken with rice (chicken not included)	94.0	0.167 box (NLEA serving)	0.0
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	15.7
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	15.7
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	30.8
06609	SWANSON BROTH, Certified Organic Vegetable Broth	235.0	1.0 cup	0.0
22951	SWANSON, Chicken A La King	298.0	1.0 can (1 serving)	0.0
22952	SWANSON, Chicken and Dumplings	247.0	1.0 cup (1 serving)	0.0
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	1.0
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	1.0
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	3.8
31025	Sweet Potato puffs, frozen, unprepared	85.0	3.0 oz	1.9

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11514	Sweet potato, canned, mashed	255.0	1.0 cup	13.3
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	21.2
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	23.9
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	67.3
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	22.3
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	39.2
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	42.0
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	42.0
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	9.4
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	16.0
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	16.0
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	23.4
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	3.2
31024	Sweet Potatoes, french fried, crosscut, frozen, unprepared	85.0	3.0 oz	3.6
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	3.8
18355	Sweet rolls, cheese	28.35	1.0 oz	0.1
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	0.6
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	0.1
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	0.1
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	0.0
19912	Sweetener, syrup, agave	6.9	1.0 tsp	1.2
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0.0
43216	Sweeteners, tabletop, fructose, dry, powder	196.0	1.0 cup	0.0
44018	Sweeteners, tabletop, fructose, liquid	0.1	1.0 serving	0.0
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	1.0	1.0 serving 1 packet	0.0
19868	Sweeteners, tabletop, sucralose, SPLENDA packets	1.0	1.0 serving 1 packet	0.0
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	0.0
90480	Syrup, Cane	21.0	1.0 serving	0.0
19030	Syrup, fruit flavored	20.0	1.0 serving	0.0
19911	Syrup, maple, Canadian	80.0	60.0 milliliter	0.0
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	0.0
19348	Syrups, chocolate, fudge-type	304.0	1.0 cup	0.6
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	35.0	2.0 tbsp	0.0
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	0.0
19349	Syrups, corn, dark	328.0	1.0 cup	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
19351	Syrups, corn, high-fructose	310.0	1.0 cup	0.0
19350	Syrups, corn, light	341.0	1.0 cup	0.0
42040	Syrups, grenadine	20.0	1.0 tbsp	0.0
19352	Syrups, malt	332.0	1.0 cup	0.0
19353	Syrups, maple	20.0	1.0 tbsp	0.0
19355	Syrups, sorghum	330.0	1.0 cup	0.0
43026	Syrups, sugar free	240.0	1.0 cup	0.0
19361	Syrups, table blends, cane and 15% maple	315.0	1.0 cup	0.0
19362	Syrups, table blends, corn, refiner, and sugar	316.0	1.0 cup	0.0
19129	Syrups, table blends, pancake	314.0	1.0 cup	0.0
19128	Syrups, table blends, pancake, reduced-calorie	73.0	1.0 serving 1/4 cup	0.0
19360	Syrups, table blends, pancake, with 2% maple	20.0	1.0 tbsp	0.0
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	315.0	1.0 cup	0.0
19113	Syrups, table blends, pancake, with butter	73.0	1.0 serving 1/4 cup	0.0
36007	T.G.I. FRIDAY'S, french fries	184.0	1.0 serving	2.0
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	0.7
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	0.0
21260	TACO BELL, Original Taco with beef, cheese and lettuce	69.0	1.0 each taco	0.3
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	0.1
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	0.2
18360	Taco shells, baked	12.9	1.0 shell	0.0
18448	Taco shells, baked, without added salt	28.35	1.0 oz	0.0
35147	Tamales (Navajo)	186.0	1.0 piece	3.2
09437	Tamarind nectar, canned	251.0	1.0 cup	17.8
09322	Tamarinds, raw	120.0	1.0 cup, pulp	4.2
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	54.8
09221	Tangerine juice, raw	247.0	1.0 cup	76.6
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	85.2
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	64.1
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	49.9
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	52.1
20068	Tapioca, pearl, dry	152.0	1.0 cup	0.0
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	0.0
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	0.0
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	51.5

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11520	Taro leaves, raw	28.0	1.0 cup	14.6
11523	Taro shoots, cooked, without salt	140.0	1.0 cup slices	26.5
11522	Taro shoots, raw	43.0	0.5 cup slices	9.0
11878	Taro, cooked, with salt	132.0	1.0 cup slices	6.6
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	6.6
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	51.5
11518	Taro, raw	104.0	1.0 cup, sliced	4.7
11880	Taro, shoots, cooked, with salt	140.0	1.0 cup slices	26.5
11881	Taro, tahitian, cooked, with salt	137.0	1.0 cup slices	52.1
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	52.1
11525	Taro, tahitian, raw	125.0	1.0 cup slices	120.0
16114	Tempeh	166.0	1.0 cup	0.0
07078	Thuringer, cervelat, summer sausage, beef, pork	56.0	2.0 oz 1 serving	9.3
02049	Thyme, fresh	0.8	1.0 tsp	1.3
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	0.0
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	0.0
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	0.0
18476	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry	52.0	1.0 pastry	0.0
18478	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon	50.0	1.0 pastry	0.0
18477	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry	52.0	1.0 pastry	0.0
18481	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry	52.0	1.0 pastry	0.0
18486	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry	52.0	1.0 pastry	0.0
18487	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores	52.0	1.0 pastry	0.0
18488	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry	52.0	1.0 pastry	0.0
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	29.2	1.0 fl oz	2.4
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	8.8	1.0 scoop	4.0
43476	Tofu yogurt	262.0	1.0 cup	6.6
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	0.1
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	0.1
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	0.0
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	0.3
16129	Tofu, fried	28.35	1.0 oz	0.0
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	0.4
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	0.3
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	0.1
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	0.0
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	0.0
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	0.2
11954	Tomatillos, raw	34.0	1.0 medium	4.0
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	67.0
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	170.3
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	170.3
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	14.5
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	26.5
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	26.5
11549	Tomato products, canned, sauce	245.0	1.0 cup	17.2
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	21.0
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	12.2
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	30.4
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	31.1
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	33.0
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	52.5
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	17.2
11693	Tomatoes, crushed, canned	121.0	0.5 cup	11.1
11527	Tomatoes, green, raw	180.0	1.0 cup	42.1
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	25.3
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	30.2
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	30.2
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	20.1
11537	Tomatoes, red, ripe, canned, with green chilies	241.0	1.0 cup	14.9
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	54.7
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	18.4
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	54.7
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	20.4
11955	Tomatoes, sun-dried	54.0	1.0 cup	21.2
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	112.0
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	12.5

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	0.2
19365	Toppings, marshmallow cream	28.35	1.0 oz	0.0
19367	Toppings, nuts in syrup	328.0	1.0 cup	1.0
19366	Toppings, pineapple	340.0	1.0 cup	10.5
19137	Toppings, strawberry	42.0	2.0 tbsp	5.8
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	81.0	0.75 cup	0.0
19433	Tortilla chips, low fat, baked without fat	28.35	1.0 oz	0.1
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	0.0
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	0.0
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	0.0
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	0.0
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	0.0
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0.0
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	0.0
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	0.0
11928	Tree fern, cooked, with salt	31.0	1.0 frond (6-1/2" long)	9.3
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	21.3
20069	Triticale	192.0	1.0 cup	0.0
20070	Triticale flour, whole-grain	130.0	1.0 cup	0.0
05286	Turkey and gravy, frozen	85.0	3.0 oz	0.0
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	130.0	1.0 cup, cooked	1.4
07973	Turkey bacon, microwaved	8.1	1.0 slice	0.0
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	1.6
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.0
07081	Turkey breast, sliced, prepackaged	16.0	1.0 slice	0.0
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	0.0
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	0.0
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	0.0
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.0
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	0.0
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.0
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	0.0
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	0.0
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	0.0
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0.0

1716 Turkey hams, risked, serta lean, prepaskagerfor dell'silicied 18	NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
10,958 Turkey sausage, fresh, row 10,000	42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	138.0	1.0 cup pieces	0.0
1	05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	0.0
Turkey statistic, recalled, bittorn and serve, cooked (include BUTTERBALL breakfast links turkey saisus segs) 10 cm 10 cm 0.00	07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	0.4
128.0 Turkey sticks, breaded, hattered, fried 64.0 1.0 stick (2.25 co.) 0.00	07955	Turkey sausage, fresh, raw	57.0	1.0 serving	1.3
05294 Turkey high, pre-basted, meat and skin, cooked, roasted 85.0 3.0 oz 0.0 05190 Turkey, all classes, back, meat and skin, cooked, roasted 112.0 1.0 unit (yield from 1 lb ready-to-cook turkey) 0.0 05191 Turkey, all classes, breast, meat and skin, now 116.0 1.0 unit (yield from 1 lb ready-to-cook turkey) 0.0 05191 Turkey, all classes, leg, meat and skin, cooked, roasted 71.0 1.0 unit (yield from 1 lb ready-to-cook turkey) 0.0 05193 Turkey, all classes, leg, meat and skin, cooked, roasted 85.0 1.0 unit (yield from 1 lb ready-to-cook turkey) 0.0 05196 Turkey, all classes, leg, meat and skin, cooked, roasted 24.0 1.0 unit (yield from 1 lb ready-to-cook turkey) 0.0 05196 Turkey, all classes, leg, meat and skin, with added solution 33.0 1.0 unit (yield from 1 lb ready-to-cook turkey) 0.0 05196 Turkey, all classes, leg, meat and skin, with added solution 33.0 1.0 unit (yield from 1 lb ready-to-cook turkey) 0.0 05195 Turkey, back, from whole bird, meat only, raw 114.0 4.0 oz 0.0 05196 Turkey, back, from whole bird, meat only, roasted 85.0 <td>07066</td> <td></td> <td>128.0</td> <td>1.0 cup</td> <td>0.0</td>	07066		128.0	1.0 cup	0.0
05190 Turkey, all classes, back, meat and skin, cooked, roasted 1400 1.0 cunit (yield from 1 lb ready-to-cook turkey) 0.0 05192 Turkey, all classes, breast, meat and skin, cooked, roasted 112. 1.0 unit (yield from 1 lb ready-to-cook turkey) 0.0 05194 Turkey, all classes, leg. meat and skin, row 0.0 1.0 unit (yield from 1 lb ready-to-cook turkey) 0.0 05193 Turkey, all classes, leg, meat and skin, row 105.0 1.0 unit (yield from 1 lb ready-to-cook turkey) 0.0 05193 Turkey, all classes, leg, meat and skin, row 105.0 1.0 unit (yield from 1 lb ready-to-cook turkey) 0.0 05196 Turkey, all classes, wing, meat and skin, cooked, roasted 28.0 1.0 unit (yield from 1 lb ready-to-cook turkey) 0.0 05195 Turkey, all classes, wing, meat and skin, with added solution, roasted 33.0 1.0 unit (yield from 1 lb ready-to-cook turkey) 0.0 05195 Turkey, back, from whole bird, meat and skin, with added solution, roasted 35.0 1.0 unit (yield from 1 lb ready-to-cook turkey) 0.0 05216 Turkey, back, from whole bird, meat and skin, with added solution, roasted 85.0 3.0 o. 0.0 05216 Turk	05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	0.0
05192 Turkey, all classes, breast, meat and skin, cooked, roasted 1120 1.0 unit (yield from 1 lb ready-to-cook turkey) 0.0 05191 Turkey, all classes, breast, meat and skin, row 1460 1.0 unit (yield from 1 lb ready-to-cook turkey) 0.0 05194 Turkey, all classes, leg, meat and skin, rowed 710 1.0 unit (yield from 1 lb ready-to-cook turkey) 0.0 05196 Turkey, all classes, leg, meat and skin, row 1050 1.0 unit (yield from 1 lb ready-to-cook turkey) 0.0 05186 Turkey, all classes, wing, meat and skin, cooked, roasted 240 1.0 unit (yield from 1 lb ready-to-cook turkey) 0.0 05195 Turkey, all classes, wing, meat and skin, cooked, roasted 350 1.0 unit (yield from 1 lb ready-to-cook turkey) 0.0 05195 Turkey, back, from whole bird, meat only, roasted 850 1.0 unit (yield from 1 lb ready-to-cook turkey) 0.0 05195 Turkey, back, from whole bird, meat only, roasted 850 1.0 unit (yield from 1 lb ready-to-cook turkey) 0.0 05196 Turkey, back, from whole bird, meat only, mid added solution, roasted 850 3.0 oz 0.0 05719 Turkey, back, from whole bird, meat only, with added solut	05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.0
1	05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.0
05194 Turkey, all classes, leg, meat and skin, cooked, roasted 71.0 1.0 unit (yicld from 1 lb ready-to-cook turkey) 0.0 05193 Turkey, all classes, leg, meat and skin, raw 105.0 1.0 unit (yicld from 1 lb ready-to-cook turkey) 0.0 05186 Turkey, all classes, light meat, cooked, roasted 24.0 1.0 unit (yicld from 1 lb ready-to-cook turkey) 0.0 05195 Turkey, all classes, wing, meat and skin, raw 33.0 1.0 unit (yicld from 1 lb ready-to-cook turkey) 0.0 05215 Turkey, back from whole bird, meat and skin, with added solution, raw 114.0 4.0 oz 0.0 05744 Turkey, back, from whole bird, meat and skin, with added solution, raw 114.0 4.0 oz 0.0 05745 Turkey, back, from whole bird, meat and skin, with added solution, raw 85.0 3.0 oz 0.0 05719 Turkey, back, from whole bird, meat only, with added solution, raw 114.0 4.0 oz 0.0 05719 Turkey, back, from whole bird, meat only, with added solution, raw 114.0 4.0 oz 0.0 05719 Turkey, breast, from whole bird, meat only, with added solution, raw 114.0 4.0 oz 0.0	05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.0
05193 Turkey, all classes, Ig, meat and skin, raw 105.0 1.0 unit (yield from 1 lb ready-to-cook turkey) 0.0 05186 Turkey, all classes, light meat, cooked, roasted 85.0 1.0 serving 0.0 05196 Turkey, all classes, wing, meat and skin, roaw 24.0 1.0 unit (yield from 1 lb ready-to-cook turkey) 0.0 05195 Turkey, all classes, wing, meat and skin, raw 13.0 1.0 unit (yield from 1 lb ready-to-cook turkey) 0.0 05215 Turkey, back, from whole bird, meat and skin, with added solution, raw 114.0 4.0 oz 0.0 05744 Turkey, back, from whole bird, meat and skin, with added solution, raw 114.0 4.0 oz 0.0 05745 Turkey, back, from whole bird, meat only, roasted 85.0 3.0 oz 0.0 05719 Turkey, back, from whole bird, meat only, with added solution, raw 114.0 4.0 oz 0.0 05720 Turkey, breast, from whole bird, meat only, with added solution, raw 114.0 4.0 oz 0.0 05219 Turkey, breast, from whole bird, meat only, with added solution, raw 114.0 4.0 oz 0.0 05220 Turkey, breast, from wh	05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.0
05186 Turkey, all classes, light meat, cooked, roasted 85.0 1.0 serving 0.0 05196 Turkey, all classes, wing, meat and skin, cooked, roasted 24.0 1.0 unit (yield from 1 lb ready-to-cook turkey) 0.0 05195 Turkey, all classes, wing, meat and skin, raw 33.0 1.0 unit (yield from 1 lb ready-to-cook turkey) 0.0 05215 Turkey, back, from whole bird, meat only, raw 114.0 4.0 oz 0.0 05744 Turkey, back, from whole bird, meat and skin, with added solution, raw 114.0 4.0 oz 0.0 05745 Turkey, back, from whole bird, meat only, roasted 85.0 3.0 oz 0.0 05216 Turkey, back, from whole bird, meat only, with added solution, raw 114.0 4.0 oz 0.0 05719 Turkey, back, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0.0 05720 Turkey, breast, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0.0 05721 Turkey, breast, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0.0 05721 Turkey, breast, from whole bird, meat only, wi	05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.0
05196 Turkey, all classes, wing, meat and skin, cooked, roasted 24.0 1.0 unit (yield from 1 lb ready-to-cook turkey) 0.0 05195 Turkey, all classes, wing, meat and skin, raw 33.0 1.0 unit (yield from 1 lb ready-to-cook turkey) 0.0 05215 Turkey, back, from whole bird, meat only, raw 114.0 4.0 oz 0.0 05744 Turkey, back, from whole bird, meat and skin, with added solution, raw 1114.0 4.0 oz 0.0 05745 Turkey, back, from whole bird, meat and skin, with added solution, roasted 85.0 3.0 oz 0.0 05216 Turkey, back, from whole bird, meat only, roasted 85.0 3.0 oz 0.0 05719 Turkey, back, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0.0 05720 Turkey, breax, from whole bird, meat only, roasted 85.0 3.0 oz 0.0 05219 Turkey, breax, from whole bird, meat only, roasted 85.0 3.0 oz 0.0 05220 Turkey, breax, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0.0 05721 Turkey, breax, from whole bird, meat only, with added solution,	05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.0
05195 Turkey, all classes, wing, meat and skin, raw 33.0 1.0 unit (yield from 1 lb ready-to-cook turkey) 0.0 05215 Turkey, back, from whole bird, meat only, raw 114.0 4.0 αz 0.0 05744 Turkey, back, from whole bird, meat and skin, with added solution, raw 114.0 4.0 αz 0.0 05745 Turkey, back, from whole bird, meat and skin, with added solution, roasted 85.0 3.0 αz 0.0 05216 Turkey, back, from whole bird, meat only, roasted 85.0 3.0 αz 0.0 05719 Turkey, back, from whole bird, meat only, with added solution, raw 114.0 4.0 αz 0.0 05720 Turkey, back, from whole bird, meat only, roasted 85.0 3.0 αz 0.0 05219 Turkey, breast, from whole bird, meat only, roasted 85.0 3.0 αz 0.0 05220 Turkey, breast, from whole bird, meat only, with added solution, raw 114.0 4.0 αz 0.0 05721 Turkey, breast, from whole bird, meat only, with added solution, raw 185.0 3.0 αz 0.0 057284 Turkey, breast, from whole bird, meat and skin, with added solution, raw 185.0 </td <td>05186</td> <td>Turkey, all classes, light meat, cooked, roasted</td> <td>85.0</td> <td>1.0 serving</td> <td>0.0</td>	05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	0.0
05215 Turkey, back from whole bird, meat only, raw 114.0 4.0 oz 0.0 05744 Turkey, back, from whole bird, meat and skin, with added solution, raw 114.0 4.0 oz 0.0 05745 Turkey, back, from whole bird, meat and skin, with added solution, roasted 85.0 3.0 oz 0.0 05216 Turkey, back, from whole bird, meat only, valted 85.0 3.0 oz 0.0 05719 Turkey, back, from whole bird, meat only, with added solution, raw 114.0 4.0 oz 0.0 05720 Turkey, back, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0.0 05219 Turkey, breast, from whole bird, meat only, raw 114.0 4.0 oz 0.0 05220 Turkey, breast, from whole bird, meat only, roasted 85.0 3.0 oz 0.0 05721 Turkey, breast, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0.0 05718 Turkey, breast, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0.0 05284 Turkey, breast, from whole, meat and skin, cooked, roasted 85.0 1.0 cup, drain	05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.0
05744 Turkey, back, from whole bird, meat and skin, with added solution, raw 114.0 4.0 oz 0.0 05745 Turkey, back, from whole bird, meat and skin, with added solution, roasted 85.0 3.0 oz 0.0 05216 Turkey, back, from whole bird, meat only, with added solution, raw 114.0 4.0 oz 0.0 05719 Turkey, back, from whole bird, meat only, with added solution, raw 114.0 4.0 oz 0.0 05720 Turkey, breast, from whole bird, meat only, raw 114.0 4.0 oz 0.0 05219 Turkey, breast, from whole bird, meat only, raw 114.0 4.0 oz 0.0 05220 Turkey, breast, from whole bird, meat only, with added solution, raw 114.0 4.0 oz 0.0 05721 Turkey, breast, from whole bird, meat only, with added solution, raw 114.0 4.0 oz 0.0 05728 Turkey, breast, from whole bird, meat only, with added solution, raw 135.0 1.0 cup, drained 2.7 05184 Turkey, canned, meat only, with broth 135.0 1.0 cup, drained 2.7 05701 Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.0
05745 Turkey, back, from whole bird, meat and skin, with added solution, roasted 85.0 3.0 oz 0.0 05216 Turkey, back, from whole bird, meat only, roasted 85.0 3.0 oz 0.0 05719 Turkey, back, from whole bird, meat only, with added solution, raw 114.0 4.0 oz 0.0 05720 Turkey, back, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0.0 05219 Turkey, breast, from whole bird, meat only, roasted 85.0 3.0 oz 0.0 05220 Turkey, breast, from whole bird, meat only, with added solution, raw 114.0 4.0 oz 0.0 05721 Turkey, breast, from whole bird, meat only, with added solution, raw 114.0 4.0 oz 0.0 05728 Turkey, breast, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0.0 05721 Turkey, breast, from whole, meat only, with added solution, roasted 85.0 1.0 cup, drained 2.7 05284 Turkey, dark meat from whole, meat and skin, cooked, roasted 85.0 1.0 serving 0.0 05701 Turkey, dark meat from whole, meat and skin, with added solution, c	05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	0.0
05216 Turkey, back, from whole bird, meat only, roasted 85.0 3.0 oz 0.0 05719 Turkey, back, from whole bird, meat only, with added solution, raw 114.0 4.0 oz 0.0 05720 Turkey, back, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0.0 05219 Turkey, breast, from whole bird, meat only, raw 114.0 4.0 oz 0.0 05220 Turkey, breast, from whole bird, meat only, with added solution, raw 114.0 4.0 oz 0.0 05721 Turkey, breast, from whole bird, meat only, with added solution, raw 114.0 4.0 oz 0.0 05718 Turkey, breast, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0.0 05284 Turkey, canned, meat only, with broth 135.0 1.0 cup, drained 2.7 05184 Turkey, dark meat from whole, meat and skin, cooked, roasted 85.0 3.0 oz 0.0 05701 Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted 85.0 3.0 oz 0.0 05694 Turkey, dark meat from whole, meat only, with added solution, row 114.0	05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	0.0
05719 Turkey, back, from whole bird, meat only, with added solution, raw 114.0 4.0 oz 0.0 05720 Turkey, back, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0.0 05219 Turkey, breast, from whole bird, meat only, roasted 85.0 3.0 oz 0.0 05220 Turkey, breast, from whole bird, meat only, with added solution, raw 114.0 4.0 oz 0.0 05721 Turkey, breast, from whole bird, meat only, with added solution, raw 114.0 4.0 oz 0.0 05718 Turkey, breast, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0.0 05718 Turkey, breast, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0.0 05284 Turkey, canned, meat only, with broth 135.0 1.0 cup, drained 2.7 05184 Turkey, dark meat from whole, meat and skin, cooked, roasted 85.0 1.0 serving 0.0 05701 Turkey, dark meat from whole, meat and skin, with added solution, raw 114.0 4.0 oz 0.0 05694 Turkey, dark meat, meat and skin, raw 28.35 <td< td=""><td>05745</td><td>Turkey, back, from whole bird, meat and skin, with added solution, roasted</td><td>85.0</td><td>3.0 oz</td><td>0.0</td></td<>	05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	0.0
05720 Turkey, back, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0.0 05219 Turkey, breast, from whole bird, meat only, raw 114.0 4.0 oz 0.0 05220 Turkey, breast, from whole bird, meat only, roasted 85.0 3.0 oz 0.0 05721 Turkey, breast, from whole bird, meat only, with added solution, raw 114.0 4.0 oz 0.0 05718 Turkey, breast, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0.0 05724 Turkey, breast, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0.0 05728 Turkey, canned, meat only, with broth 135.0 1.0 cup, drained 2.7 05184 Turkey, dark meat from whole, meat and skin, cooked, roasted 85.0 3.0 oz 0.0 05701 Turkey, dark meat from whole, meat and skin, with added solution, raw 114.0 4.0 oz 0.0 05694 Turkey, dark meat from whole, meat only, with added solution, raw 114.0 4.0 oz 0.0 05183 Turkey, dark meat, meat and skin, raw 28.35 1.0 oz 0.	05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	0.0
05219 Turkey, breast, from whole bird, meat only, raw 114.0 4.0 oz 0.0 05220 Turkey, breast, from whole bird, meat only, roasted 85.0 3.0 oz 0.0 05721 Turkey, breast, from whole bird, meat only, with added solution, raw 114.0 4.0 oz 0.0 05718 Turkey, breast, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0.0 05284 Turkey, canned, meat only, with broth 135.0 1.0 cup, drained 2.7 05184 Turkey, dark meat from whole, meat and skin, cooked, roasted 85.0 1.0 serving 0.0 05701 Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted 85.0 3.0 oz 0.0 05700 Turkey, dark meat from whole, meat and skin, with added solution, raw 114.0 4.0 oz 0.0 05694 Turkey, dark meat, meat only, with added solution, cooked, roasted 85.0 3.0 oz 0.0 05183 Turkey, dark meat, meat only, with added solution, cooked, roasted 85.0 3.0 oz 0.0 05695 Turkey, dark meat, meat only, with added solution, cooked, roasted 85.0 3.0 oz 0.0 05285 Turke	05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.0
05220 Turkey, breast, from whole bird, meat only, roasted 85.0 3.0 oz 0.0 05721 Turkey, breast, from whole bird, meat only, with added solution, raw 114.0 4.0 oz 0.0 05718 Turkey, breast, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0.0 05284 Turkey, canned, meat only, with broth 135.0 1.0 cup, drained 2.7 05184 Turkey, dark meat from whole, meat and skin, cooked, roasted 85.0 1.0 serving 0.0 05701 Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted 85.0 3.0 oz 0.0 05700 Turkey, dark meat from whole, meat and skin, with added solution, raw 114.0 4.0 oz 0.0 05694 Turkey, dark meat, meat and skin, raw 28.35 1.0 oz 0.0 05695 Turkey, dark meat, meat only, with added solution, cooked, roasted 85.0 3.0 oz 0.0 05285 Turkey, died, light and dark meat, seasoned 28.35 1.0 oz 0.0	05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.0
05721 Turkey, breast, from whole bird, meat only, with added solution, raw 114.0 4.0 oz 0.0 05718 Turkey, breast, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0.0 05284 Turkey, canned, meat only, with broth 135.0 1.0 cup, drained 2.7 05184 Turkey, dark meat from whole, meat and skin, cooked, roasted 85.0 1.0 serving 0.0 05701 Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted 85.0 3.0 oz 0.0 05700 Turkey, dark meat from whole, meat and skin, with added solution, raw 114.0 4.0 oz 0.0 05694 Turkey, dark meat, meat only, with added solution, raw 114.0 4.0 oz 0.0 05183 Turkey, dark meat, meat and skin, raw 28.35 1.0 oz 0.0 05695 Turkey, dark meat, meat only, with added solution, cooked, roasted 85.0 3.0 oz 0.0 05285 Turkey, diced, light and dark meat, seasoned 28.35 1.0 oz 0.0	05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	0.0
Turkey, breast, from whole bird, meat only, with added solution, roasted Turkey, canned, meat only, with broth 135.0 1.0 cup, drained 2.7 Turkey, dark meat from whole, meat and skin, cooked, roasted 550 Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted 550 Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted 550 Turkey, dark meat from whole, meat and skin, with added solution, raw 114.0 14.0 oz 0.0 105694 Turkey, dark meat from whole, meat only, with added solution, raw 114.0 128.35 1.0 oz 0.0 05695 Turkey, dark meat, meat only, with added solution, cooked, roasted 85.0 3.0 oz 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0	05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	0.0
05284 Turkey, canned, meat only, with broth 135.0 1.0 cup, drained 2.7 05184 Turkey, dark meat from whole, meat and skin, cooked, roasted 85.0 1.0 serving 0.0 05701 Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted 85.0 3.0 oz 0.0 05700 Turkey, dark meat from whole, meat and skin, with added solution, raw 114.0 4.0 oz 0.0 05694 Turkey, dark meat from whole, meat only, with added solution, raw 114.0 4.0 oz 0.0 05183 Turkey, dark meat, meat and skin, raw 28.35 1.0 oz 0.0 05695 Turkey, dark meat, meat only, with added solution, cooked, roasted 85.0 3.0 oz 0.0 05285 Turkey, diced, light and dark meat, seasoned 28.35 1.0 oz 0.0	05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.0
Turkey, dark meat from whole, meat and skin, cooked, roasted Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted Turkey, dark meat from whole, meat and skin, with added solution, raw Turkey, dark meat from whole, meat and skin, with added solution, raw Turkey, dark meat from whole, meat only, with added solution, raw Turkey, dark meat, meat and skin, raw Turkey, dark meat, meat and skin, raw 28.35 Turkey, dark meat, meat only, with added solution, cooked, roasted Turkey, dark meat, meat only, with added solution, cooked, roasted Turkey, dark meat, meat only, with added solution, cooked, roasted Turkey, diced, light and dark meat, seasoned 28.35 1.0 oz 0.0	05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.0
Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted Turkey, dark meat from whole, meat and skin, with added solution, raw Turkey, dark meat from whole, meat only, with added solution, raw Turkey, dark meat, meat and skin, raw Turkey, dark meat, meat and skin, raw Turkey, dark meat, meat only, with added solution, cooked, roasted Turkey, dark meat, meat only, with added solution, cooked, roasted Turkey, diced, light and dark meat, seasoned Turkey, diced, light and dark meat, seasoned 3.0 oz 0.0 0.0 28.35 1.0 oz 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0	05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	2.7
Turkey, dark meat from whole, meat and skin, with added solution, raw 114.0 4.0 oz 0.0 Turkey, dark meat from whole, meat only, with added solution, raw 114.0 4.0 oz 0.0 Turkey, dark meat, meat and skin, raw 28.35 1.0 oz 0.0 Turkey, dark meat, meat only, with added solution, cooked, roasted 85.0 3.0 oz 0.0 Turkey, diced, light and dark meat, seasoned 28.35 1.0 oz 0.0	05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0.0
Turkey, dark meat from whole, meat only, with added solution, raw 114.0 4.0 oz 0.0 Turkey, dark meat, meat and skin, raw 28.35 1.0 oz 0.0 Turkey, dark meat, meat only, with added solution, cooked, roasted 85.0 3.0 oz 0.0 Turkey, diced, light and dark meat, seasoned 28.35 1.0 oz 0.0	05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.0
Turkey, dark meat, meat and skin, raw 28.35 1.0 oz 0.0 05695 Turkey, dark meat, meat only, with added solution, cooked, roasted 85.0 3.0 oz 0.0 05285 Turkey, diced, light and dark meat, seasoned 28.35 1.0 oz 0.0	05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	0.0
Turkey, dark meat, meat only, with added solution, cooked, roasted 85.0 3.0 oz 0.0 Turkey, diced, light and dark meat, seasoned 28.35 1.0 oz 0.0	05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	0.0
Turkey, diced, light and dark meat, seasoned 28.35 1.0 oz 0.0	05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.0
	05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.0
Turkey, drumstick, from whole bird, meat only, raw 85.0	05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	0.0
	05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	0.0
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.0
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.0
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)	0.0
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	0.0
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	0.0
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	2.8
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	3.9
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0.0
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0.7
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	28.0	1.0 medium slice (approx 3" x 2" x 1/4")	0.0
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	85.0	3.0 oz, boneless	0.0
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	12.0
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	19.1
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	0.0
07900	Turkey, pork, and beef sausage, low fat, smoked	85.0	3.0 oz	1.6
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	0.0
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	0.0
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	0.0
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	0.0
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	0.0
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.0
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	0.0
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	0.0
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	0.0
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	0.0
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	0.0
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	0.0
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	0.0
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	0.0
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	0.0
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	0.0
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	0.0
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	0.0
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0.0

6688 Turkey, skin from whole (light and dark), with added solation, raw 28.35 1.0 oz 0.0 6599 Turkey, skin from whole, (light and dark), riwit added solation, raseled 28.35 1.0 oz 0.0 6599 Turkey, skin from whole, (light and dark), riwit added solation, raseled 28.35 1.0 oz 0.0 65714 Turkey, skin, from retail parts, from dark meat, rowked, casted 28.35 1.0 oz 0.0 65714 Turkey, skinfir, from retail parts, from dark meat, rowked, casted 3850 1.0 oz 0.0 65721 Turkey, skinfir, from whole birth, meat only, roused 88.0 0.0 0.0 65724 Turkey, skinfir, from whole birth, meat only, roused 88.0 3.0 oz 0.0 65724 Turkey, skinfir, from whole birth, meat only, with added solution, ruw 85.0 3.0 oz 0.0 65725 Turkey, whole, gibets, row 85.0 1.0 gibets 0.0 65724 Turkey, whole, gibets, row 85.0 1.0 gibets 0.0 65725 Turkey, whole, gibets, row 85.0 1.0 gibets 0.0 65724 Tu	NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
65169 Turkey, skin from whole (light and dark), raw 28.35 1.0 oz 0.0 056999 Turkey, skin from whole, (light and dark), with added solution, rossted 28.35 1.0 oz 0.0 05714 Turkey, skin, from retail parts, from dark meat, raw 28.35 1.0 oz 0.0 05714 Turkey, skin, from retail parts, from dark meat, raw 28.35 1.0 oz 0.0 05714 Turkey, skin, from retail parts, from dark meat, raw 85.0 3.0 oz 0.0 05714 Turkey, skin, from retail parts, from dark meat, raw 85.0 3.0 oz 0.0 05714 Turkey, skin, from shole birin, meat only, rossised 85.0 3.0 oz 0.0 05726 Turkey, skin, from whole birin, meat only, rossised 85.0 3.0 oz 0.0 05726 Turkey, skin, from whole birin, meat only, rossised 85.0 3.0 oz 0.0 05726 Turkey, skin, from whole birin, meat only, rossised 85.0 1.0 oz 0.0 05721 Turkey, whole, gibble, conside, insmead 85.0 1.0 oz 0.0 05721 Turkey, whole, gibble, conside,	05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	0.0
08699 Turky, skin from white, (light and dark), with added subtion, roasted 28.35 1.0 m 0.0 05715 Turky, skin, from retuli parts, from dark meat, acowled, roasted 28.35 1.0 cg 0.0 05714 Turky, skin, from retuli parts, from dark meat, acowled, roasted 28.35 1.0 cg 0.0 05726 Turky, staffing, madded potatoes wigravy, assorted vegetables, frozen, microwaved 88.0 3.0 cg 0.0 05726 Turky, thigh, from whole bird, meat only, roasted 88.0 3.0 cg 0.0 05726 Turky, thigh, from whole bird, meat only, with added solution, roasted 88.0 3.0 cg 0.0 05726 Turky, thigh, from whole bird, meat only, with added solution, roasted 88.0 1.0 cg 3.0 cg 0.0 05728 Turky, whole, gibles, road, with added solution, roasted 88.0 1.0 cg	05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	0.0
05715 Turkey, skin, from retail parts, from dark meat, cooked, roasted 28,35 1,000 0,00 05714 Turkey, skin, from estail parts, from dark meat, row 28,35 1,000 0,0 05724 Turkey, shifting, mashed potatoes wignay, assorted vegetables, frozen, microwaved 385,0 1,000 3,000 0,0 05740 Turkey, thigh, from whole bird, meat only, roasted 85,0 3,000 0,0 05724 Turkey, thigh, from whole bird, meat only, with added solution, roasted 85,0 3,000 0,0 05728 Turkey, thigh, from whole bird, meat only, with added solution, roasted 85,0 1,890 of 1,890 of 1,890 of 1,000 0,0 05728 Turkey, whole, gibles, roake, deli cat 46,0 1,890 of 1,890 of 1,890 of 1,890 of 1,890 of 1,990 of 1,890 of 1,990 of 1,890 of 1,990 of 1,890 of 1,990 of 1,9	05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.0
05714 Turkey, skin, from retail parts, from dark meat, raw 28.35 1.0 oc 0.0 22057 Turkey, skin, from gender potators wignery, assordet eyestables, frozen, microwaved 85.0 1.0 serving 3.1 5740 Turkey, thigh, from whole bird, meat only, roasted 85.0 3.0 oz 0.0 05721 Turkey, thigh, from whole bird, meat only, with added solution, raw 85.0 3.0 oz 0.0 05726 Turkey, thigh, from whole bird, meat only, with added solution, raws 85.0 3.0 oz 0.0 05728 Turkey, while, from whole bird, meat only, with added solution, roasted 85.0 1.69 oz (1 serving) 4.8 05729 Turkey, whole, giblets, cooked, simmered 85.0 1.0 giblets 0.0 05710 Turkey, whole, meat and skin, cooked, roasted 85.0 3.0 oz 0.0 05165 Turkey, whole, meat and skin, raw 85.0 3.0 oz 0.0 05706 Turkey, whole, meat and skin, with added solution, roasted 85.0 3.0 oz 0.0 05716 Turkey, whole, meat and skin, with added solution, roasted 85.0 3.0 oz 0.0	05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	0.0
22957 Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved 385.0 1.0 serving 3.1 05740 Turkey, thigh, from whole bird, meat only, raset 85.0 3.0 oz 0.0 05726 Turkey, thigh, from whole bird, meat only, with added solution, raw 85.0 3.0 oz 0.0 05728 Turkey, thigh, from whole bird, meat only, with added solution, rassted 85.0 3.0 oz 0.0 05728 Turkey, thile, from whole bird, meat only, with added solution, rassted 85.0 1.69 oz (1 serving) 4.8 05172 Turkey, whole, giblets, cooked, sumered 95.0 1.0 giblets 0.0 05171 Turkey, whole, giblets, raw 85.0 3.0 oz 0.0 05166 Turkey, whole, meat and skin, row 85.0 3.0 oz 0.0 05165 Turkey, whole, meat and skin, with added solution, raw 85.0 3.0 oz 0.0 05707 Turkey, whole, meat and skin, with added solution, raw 85.0 3.0 oz 0.0 05167 Turkey, whole, meat only, raw 85.0 3.0 oz 0.0 05168 Turk	05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	0.0
05700 Turkey, thigh, from whole bird, meat only, roased 85.0 3.0 nz 0.0 05741 Turkey, thigh, from whole bird, meat only, roased 85.0 3.0 nz 0.0 05726 Turkey, thigh, from whole bird, meat only, with added solution, roasted 85.0 3.0 nz 0.0 05728 Turkey, thigh, from whole bird, meat only, with added solution, roasted 85.0 3.0 nz 0.0 05724 Turkey, while, roisserie, deli cut 48.0 1.69 or (1 serving) 4.8 05172 Turkey, whole, giblets, cooked, simmered 85.0 3.0 nz 0.0 05161 Turkey, whole, meat and skin, cooked, roasted 85.0 3.0 nz 0.0 05165 Turkey, whole, meat and skin, with added solution, roasted 85.0 3.0 nz 0.0 05165 Turkey, whole, meat and skin, with added solution, roasted 85.0 3.0 nz 0.0 05707 Turkey, whole, meat only, coked, roasted 85.0 3.0 nz 0.0 05168 Turkey, whole, meat only, with added solution, roasted 85.0 3.0 nz 0.0 05170 Turkey, whole, meat o	05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0.0
05741 Turkey, thigh, from whole bird, meat only, vinh added solution, raw 85.0 3.0 oz 0.0 05726 Turkey, thigh, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0.0 05728 Turkey, thigh, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0.0 07944 Turkey, whole, giblets, cooked, simmered 95.0 1.0 giblets 0.0 05172 Turkey, whole, giblets, cooked, simmered 85.0 3.0 oz 0.0 05171 Turkey, whole, meat and skin, cooked, roasted 85.0 3.0 oz 0.0 05165 Turkey, whole, meat and skin, with added solution, raw 85.0 3.0 oz 0.0 05707 Turkey, whole, meat and skin, with added solution, roasted 85.0 3.0 oz 0.0 05186 Turkey, whole, meat and skin, with added solution, roasted 85.0 3.0 oz 0.0 05707 Turkey, whole, meat only, coxied, roasted 85.0 3.0 oz 0.0 05167 Turkey, whole, meat only, with added solution, roasted 85.0 3.0 oz 0.0 05226 <td< td=""><td>22957</td><td>Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved</td><td>385.0</td><td>1.0 serving</td><td>3.1</td></td<>	22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	3.1
05726 Turkey, thigh, from whole bird, meat only, with added solution, reasted 85.0 3.0 cz 0.0 05728 Turkey, thigh, from whole bird, meat only, with added solution, reasted 85.0 3.0 cz 0.0 05724 Turkey, whole, prise, cie, deli cut 48.0 1.0 or Cleaving 4.8 05172 Turkey, whole, giblets, cooked, simmered 95.0 3.0 cz 0.0 05171 Turkey, whole, giblets, raw 85.0 3.0 cz 0.0 05166 Turkey, whole, meat and skin, raw 85.0 3.0 cz 0.0 05707 Turkey, whole, meat and skin, with added solution, raw 85.0 3.0 cz 0.0 05708 Turkey, whole, meat and skin, with added solution, raw 85.0 3.0 cz 0.0 05709 Turkey, whole, meat only, cooked, roasted 85.0 3.0 cz 0.0 05168 Turkey, whole, meat only, with added solution, raws 85.0 3.0 cz 0.0 05170 Turkey, whole, meat only, with added solution, raws 85.0 3.0 cz 0.0 05272 Turkey, whole, meat only, with added solution, raws <	05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0.0
05728 Turkey, thigh, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0.0 07944 Turkey, whole, giblets, cooked, simmered 95.0 1.69 oz (1 serving) 4.8 05172 Turkey, whole, giblets, cooked, simmered 85.0 3.0 oz 0.0 05166 Turkey, whole, giblets, cooked, roasted 85.0 3.0 oz 0.0 05165 Turkey, whole, meat and skin, row 85.0 3.0 oz 0.0 05706 Turkey, whole, meat and skin, with added solution, raw 85.0 3.0 oz 0.0 05707 Turkey, whole, meat only, with added solution, raw 85.0 3.0 oz 0.0 05168 Turkey, whole, meat only, with added solution, raw 85.0 3.0 oz 0.0 05170 Turkey, whole, meat only, with added solution, raw 85.0 3.0 oz 0.0 05181 Turkey, whole, meat only, with added solution, roasted 85.0 3.0 oz 0.0 05707 Turkey, whole, meat only, with added solution, roasted 85.0 3.0 oz 0.0 05721 Turkey, wing, from whole bird, meat only, roasted	05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	0.0
07944 Turkey, white, rotisserie, deli cut 48.0 1.69 or (1 serving) 4.8 05172 Turkey, whole, giblets, cooked, simmered 95.0 1.0 giblets 0.0 05171 Turkey, whole, giblets, raw 85.0 3.0 oz 0.0 05165 Turkey, whole, meat and skin, cooked, roasted 85.0 3.0 oz 0.0 05165 Turkey, whole, meat and skin, raw 85.0 3.0 oz 0.0 05706 Turkey, whole, meat and skin, with added solution, raw 85.0 3.0 oz 0.0 05707 Turkey, whole, meat and skin, with added solution, roasted 85.0 3.0 oz 0.0 05168 Turkey, whole, meat only, coxeded, roasted 85.0 3.0 oz 0.0 05169 Turkey, whole, meat only, with added solution, raw 85.0 3.0 oz 0.0 05167 Turkey, whole, meat only, with added solution, raw 85.0 3.0 oz 0.0 05705 Turkey, whole, meat only, with added solution, raw 85.0 3.0 oz 0.0 05727 Turkey, wing, from whole bird, meat only, roasted 85.0 3.0 oz	05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.0
05172 Turkey, whole, giblets, cooked, simmered 95.0 1.0 giblets 0.0 05171 Turkey, whole, giblets, raw 85.0 3.0 oz 0.0 05166 Turkey, whole, meat and skin, cooked, roasted 85.0 3.0 oz 0.0 05766 Turkey, whole, meat and skin, with added solution, raw 85.0 3.0 oz 0.0 05707 Turkey, whole, meat and skin, with added solution, roasted 85.0 3.0 oz 0.0 05707 Turkey, whole, meat only, cooked, roasted 85.0 3.0 oz 0.0 05168 Turkey, whole, meat only, raw 85.0 3.0 oz 0.0 05707 Turkey, whole, meat only, with added solution, raw 85.0 3.0 oz 0.0 05168 Turkey, whole, meat only, with added solution, raw 85.0 3.0 oz 0.0 05704 Turkey, whole, meat only, with added solution, raw 85.0 3.0 oz 0.0 05727 Turkey, whole, meat only, with added solution, raw 85.0 3.0 oz 0.0 05728 Turkey, wing, from whole bird, meat only, with added solution, raw 85.0 <t< td=""><td>05728</td><td>Turkey, thigh, from whole bird, meat only, with added solution, roasted</td><td>85.0</td><td>3.0 oz</td><td>0.0</td></t<>	05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.0
05171 Turkey, whole, giblets, raw 85.0 3.0 oz 0.0 05166 Turkey, whole, meat and skin, row 85.0 3.0 oz 0.0 05165 Turkey, whole, meat and skin, raw 85.0 3.0 oz 0.0 05760 Turkey, whole, meat and skin, with added solution, raw 85.0 3.0 oz 0.0 05707 Turkey, whole, meat and skin, with added solution, roasted 85.0 3.0 oz 0.0 05168 Turkey, whole, meat only, cooked, roasted 85.0 3.0 oz 0.0 05167 Turkey, whole, meat only, with added solution, raw 85.0 3.0 oz 0.0 05708 Turkey, whole, meat only, with added solution, raw 85.0 3.0 oz 0.0 05705 Turkey, whole, meat only, with added solution, roasted 28.0 3.0 oz 0.0 05725 Turkey, wing, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0.0 05726 Turkey, wing, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0.0 05729 Turkey, wing, from whole bird, meat only, with added solution,	07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	4.8
05166 Turkey, whole, meat and skin, cooked, roasted 85.0 3.0 oz 0.0 05165 Turkey, whole, meat and skin, raw 85.0 3.0 oz 0.0 05706 Turkey, whole, meat and skin, with added solution, raw 85.0 3.0 oz 0.0 05707 Turkey, whole, meat and skin, with added solution, roasted 85.0 3.0 oz 0.0 05168 Turkey, whole, meat only, roosted 85.0 3.0 oz 0.0 05167 Turkey, whole, meat only, raw 85.0 3.0 oz 0.0 05704 Turkey, whole, meat only, with added solution, raw 85.0 3.0 oz 0.0 05705 Turkey, whole, meat only, with added solution, roasted 28.0 3.0 oz 0.0 05705 Turkey, wing, from whole bird, meat only, roasted 85.0 3.0 oz 0.0 05227 Turkey, wing, from whole bird, meat only, vith added solution, raw 85.0 3.0 oz 0.0 05729 Turkey, wing, from whole bird, meat only, with added solution, raw 85.0 3.0 oz 0.0 05730 Turkey, wing, from whole bird, meat only, with added solution, raw	05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	0.0
05165 Turkey, whole, meat and skin, raw 85.0 3.0 oz 0.0 05706 Turkey, whole, meat and skin, with added solution, roasted 85.0 3.0 oz 0.0 05707 Turkey, whole, meat and skin, with added solution, roasted 85.0 3.0 oz 0.0 05168 Turkey, whole, meat only, cooked, roasted 85.0 3.0 oz 0.0 05704 Turkey, whole, meat only, raw 85.0 3.0 oz 0.0 05705 Turkey, whole, meat only, with added solution, roasted 28.0 3.0 oz 0.0 05705 Turkey, whole, meat only, with added solution, roasted 28.0 3.0 oz 0.0 05725 Turkey, wing, from whole bird, meat only, raw 85.0 3.0 oz 0.0 05226 Turkey, wing, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0.0 05729 Turkey, wing, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0.0 05730 Turkey, wing, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0.0 05730 Turkey, wing, from wh	05171	Turkey, whole, giblets, raw	85.0	3.0 oz	0.0
05706 Turkey, whole, meat and skin, with added solution, raw 85.0 3.0 oz 0.0 05707 Turkey, whole, meat and skin, with added solution, roasted 85.0 3.0 oz 0.0 05168 Turkey, whole, meat only, cooked, roasted 85.0 3.0 oz 0.0 05167 Turkey, whole, meat only, with added solution, raw 85.0 3.0 oz 0.0 05704 Turkey, whole, meat only, with added solution, roasted 28.0 3.0 oz 0.0 05705 Turkey, whole, meat only, with added solution, roasted 28.0 3.0 oz 0.0 05727 Turkey, wing, from whole bird, meat only, roasted 85.0 3.0 oz 0.0 05228 Turkey, wing, from whole bird, meat only, with added solution, roaw 85.0 3.0 oz 0.0 05729 Turkey, wing, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0.0 05730 Turkey, wing, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0.0 05730 Turkey, wing, from whole bird, meat only, with added solution, roasted 85.0 1.0 oz 0.0	05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	0.0
05707 Turkey, whole, meat and skin, with added solution, roasted 85.0 3.0 oz 0.0 05168 Turkey, whole, meat only, cooked, roasted 85.0 3.0 oz 0.0 05167 Turkey, whole, meat only, raw 85.0 3.0 oz 0.0 05704 Turkey, whole, meat only, with added solution, raw 85.0 3.0 oz 0.0 05705 Turkey, whole, meat only, with added solution, roasted 28.0 3.0 oz 0.0 05227 Turkey, wing, from whole bird, meat only, raw 85.0 3.0 oz 0.0 05228 Turkey, wing, from whole bird, meat only, with added solution, raw 85.0 3.0 oz 0.0 05730 Turkey, wing, from whole bird, meat only, with added solution, raw 85.0 3.0 oz 0.0 05730 Turkey, wing, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0.0 05730 Turkey, wing, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0.0 05730 Turkey, wing, from whole bird, meat only, with added solution, roasted 85.0 1.0 oz with bone, cooked (yield after bone removed 0.0	05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	0.0
05168 Turkey, whole, meat only, cooked, roasted 85.0 3.0 oz 0.0 05167 Turkey, whole, meat only, raw 85.0 3.0 oz 0.0 05704 Turkey, whole, meat only, with added solution, raw 85.0 3.0 oz 0.0 05705 Turkey, whole, meat only, with added solution, roasted 28.0 3.0 oz 0.0 05227 Turkey, wing, from whole bird, meat only, raw 85.0 3.0 oz 0.0 05228 Turkey, wing, from whole bird, meat only, with added solution, raw 85.0 3.0 oz 0.0 05729 Turkey, wing, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0.0 05730 Turkey, wing, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0.0 05730 Turkey, wing, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0.0 05730 Turkey, wing, shoked, cooked, with skin, bone removed 85.0 3.0 oz 0.0 05226 Turkey, young hen, skin only, cooked, roasted 31.0 1.0 unit (yield from 1 lb ready-to-cook turkey) 0.0	05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	0.0
05167 Turkey, whole, meat only, raw 85.0 3.0 oz 0.0 05704 Turkey, whole, meat only, with added solution, raw 85.0 3.0 oz 0.0 05705 Turkey, whole, meat only, with added solution, roasted 28.0 3.0 oz 0.0 05227 Turkey, wing, from whole bird, meat only, raw 85.0 3.0 oz 0.0 05228 Turkey, wing, from whole bird, meat only, with added solution, raw 85.0 3.0 oz 0.0 05729 Turkey, wing, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0.0 05730 Turkey, wing, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0.0 43366 Turkey, wing, smoked, cooked, with skin, bone removed 19.0 1.0 oz with bone, cooked (yield after bone removed) 0.0 05236 Turkey, young hen, skin only, cooked, roasted 31.0 1.0 unit (yield from 1 lb ready-to-cook turkey) 0.0 11893 Turnip greens and turnips, frozen, cooked, boiled, drained, without salt 163.0 1.0 unit (yield from 1 lb ready-to-cook turkey) 0.0 11576 Turnip greens, canned, no salt added	05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	0.0
05704 Turkey, whole, meat only, with added solution, raw 85.0 3.0 oz 0.0 05705 Turkey, whole, meat only, with added solution, roasted 28.0 3.0 oz 0.0 05227 Turkey, wing, from whole bird, meat only, raw 85.0 3.0 oz 0.0 05228 Turkey, wing, from whole bird, meat only, with added solution, raw 85.0 3.0 oz 0.0 05729 Turkey, wing, from whole bird, meat only, with added solution, raw 85.0 3.0 oz 0.0 05730 Turkey, wing, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0.0 43366 Turkey, wing, smoked, cooked, with skin, bone removed 19.0 1.0 oz with bone, cooked (yield after bone removed) 0.0 05236 Turkey, young hen, skin only, cooked, roasted 31.0 1.0 unit (yield from 1 lb ready-to-cook turkey) 0.0 11893 Turnip greens and turnips, frozen, cooked, boiled, drained, with salt 163.0 1.0 unit (yield from 1 lb ready-to-cook turkey) 0.0 11576 Turnip greens and turnips, frozen, cooked, boiled, drained, without salt 163.0 0.33 package (10 oz) 24.5 43387	05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	0.0
05705 Turkey, whole, meat only, with added solution, roasted 28.0 3.0 oz 0.0 05227 Turkey, wing, from whole bird, meat only, raw 85.0 3.0 oz 0.0 05228 Turkey, wing, from whole bird, meat only, roasted 85.0 3.0 oz 0.0 05729 Turkey, wing, from whole bird, meat only, with added solution, raw 85.0 3.0 oz 0.0 05730 Turkey, wing, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0.0 43366 Turkey, wing, smoked, cooked, with skin, bone removed 19.0 1.0 oz with bone, cooked (yield after bone removed) 0.0 05236 Turkey, young hen, skin only, cooked, roasted 31.0 1.0 unit (yield from 1 lb ready-to-cook turkey) 0.0 11893 Turnip greens and turnips, frozen, cooked, boiled, drained, with salt 163.0 1.0 unit (yield from 1 lb ready-to-cook turkey) 0.0 11576 Turnip greens and turnips, frozen, cooked, boiled, drained, without salt 163.0 0.33 package (10 oz) 24.5 43387 Turnip greens, canned, no salt added 144.0 0.33 package (10 oz) 2.3 11570 Turnip green	05167	Turkey, whole, meat only, raw	85.0	3.0 oz	0.0
05227 Turkey, wing, from whole bird, meat only, raw 85.0 3.0 oz 0.0 05228 Turkey, wing, from whole bird, meat only, roasted 85.0 3.0 oz 0.0 05729 Turkey, wing, from whole bird, meat only, with added solution, raw 85.0 3.0 oz 0.0 05730 Turkey, wing, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0.0 43366 Turkey, wing, smoked, cooked, with skin, bone removed 19.0 1.0 oz with bone, cooked (yield after bone removed) 0.0 05236 Turkey, young hen, skin only, cooked, roasted 31.0 1.0 unit (yield from 1 lb ready-to-cook turkey) 0.0 11893 Turmip greens and turnips, frozen, cooked, boiled, drained, with salt 163.0 1.0 unit (yield from 1 lb ready-to-cook turkey) 0.0 11576 Turnip greens and turnips, frozen, cooked, boiled, drained, without salt 163.0 0.3 package (10 oz) 24.5 43387 Turnip greens, canned, no salt added 144.0 0.33 package (10 oz) 24.5 43387 Turnip greens, canned, solids and liquids 117.0 0.5 cup 18.1 11570 Turnip greens, canned,	05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	0.0
05228 Turkey, wing, from whole bird, meat only, roasted 85.0 3.0 oz 0.0 05729 Turkey, wing, from whole bird, meat only, with added solution, raw 85.0 3.0 oz 0.0 05730 Turkey, wing, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0.0 43366 Turkey, wing, smoked, cooked, with skin, bone removed 19.0 1.0 oz with bone, cooked (yield after bone removed) 0.0 05236 Turkey, young hen, skin only, cooked, roasted 31.0 1.0 unit (yield from 1 lb ready-to-cook turkey) 0.0 11893 Turnip greens and turnips, frozen, cooked, boiled, drained, with salt 163.0 1.0 cup 29.7 11576 Turnip greens and turnips, frozen, unprepared 95.0 0.33 package (10 oz) 24.5 43387 Turnip greens, canned, no salt added 144.0 1.0 cup 22.3 11570 Turnip greens, canned, solids and liquids 117.0 0.5 cup 18.1 11891 Turnip greens, cooked, boiled, drained, with salt 144.0 1.0 cup, chopped 39.5	05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	0.0
05729 Turkey, wing, from whole bird, meat only, with added solution, raw 85.0 3.0 oz 0.0 05730 Turkey, wing, from whole bird, meat only, with added solution, roasted 85.0 3.0 oz 0.0 43366 Turkey, wing, smoked, cooked, with skin, bone removed 19.0 1.0 oz with bone, cooked (yield after bone removed) 0.0 05236 Turkey, young hen, skin only, cooked, roasted 31.0 1.0 unit (yield from 1 lb ready-to-cook turkey) 0.0 11893 Turnip greens and turnips, frozen, cooked, boiled, drained, with salt 163.0 1.0 cup 29.7 11576 Turnip greens and turnips, frozen, unprepared 95.0 0.33 package (10 oz) 24.5 43387 Turnip greens, canned, no salt added 144.0 1.0 cup 22.3 11570 Turnip greens, canned, solids and liquids 117.0 0.5 cup 18.1 11891 Turnip greens, cooked, boiled, drained, with salt 144.0 1.0 cup, chopped 39.5	05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	0.0
Turkey, wing, from whole bird, meat only, with added solution, roasted Turkey, wing, smoked, cooked, with skin, bone removed Turkey, young hen, skin only, cooked, roasted Turnip greens and turnips, frozen, cooked, boiled, drained, with salt Turnip greens and turnips, frozen, cooked, boiled, drained, without salt Turnip greens and turnips, frozen, unprepared Turnip greens, canned, no salt added Turnip greens, canned, solids and liquids Turnip greens, cooked, boiled, drained, with salt Turnip greens, cooked, boiled, drained, without salt Turnip greens, canned, solids and liquids Turnip greens, cooked, boiled, drained, with salt Turnip greens, cooked, boiled, drained, with salt Turnip greens, canned, solids and liquids Turnip greens, cooked, boiled, drained, with salt	05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	0.0
Turkey, wing, smoked, cooked, with skin, bone removed 19.0 1.0 oz with bone, cooked (yield after bone removed) 19.0 10.0	05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.0
Turkey, young hen, skin only, cooked, roasted Turkey, young hen, skin only, cooked, roasted Turnip greens and turnips, frozen, cooked, boiled, drained, with salt 163.0 1.0 unit (yield from 1 lb ready-to-cook turkey) 29.7 Turnip greens and turnips, frozen, cooked, boiled, drained, without salt 163.0 1.0 cup 29.7 Turnip greens and turnips, frozen, unprepared 95.0 0.33 package (10 oz) 24.5 43387 Turnip greens, canned, no salt added 144.0 1.0 cup 22.3 11570 Turnip greens, canned, solids and liquids 117.0 0.5 cup 18.1 Turnip greens, cooked, boiled, drained, with salt 144.0 1.0 cup, chopped 39.5	05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.0
Turnip greens and turnips, frozen, cooked, boiled, drained, with salt 163.0 1.0 cup 29.7 Turnip greens and turnips, frozen, cooked, boiled, drained, without salt 163.0 1.0 cup 29.7 Turnip greens and turnips, frozen, cooked, boiled, drained, without salt 163.0 1.0 cup 29.7 Turnip greens and turnips, frozen, unprepared 95.0 0.33 package (10 oz) 24.5 Turnip greens, canned, no salt added 144.0 1.0 cup 22.3 Turnip greens, canned, solids and liquids 117.0 11891 Turnip greens, cooked, boiled, drained, with salt 144.0 1.0 cup, chopped 39.5	43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	0.0
Turnip greens and turnips, frozen, cooked, boiled, drained, without salt 163.0 1.0 cup 29.7 Turnip greens and turnips, frozen, unprepared 95.0 0.33 package (10 oz) 24.5 Turnip greens, canned, no salt added 144.0 1.0 cup 22.3 Turnip greens, canned, solids and liquids 117.0 Turnip greens, cooked, boiled, drained, with salt 144.0 1.0 cup, chopped 39.5	05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.0
Turnip greens and turnips, frozen, unprepared 95.0 0.33 package (10 oz) 24.5 43387 Turnip greens, canned, no salt added 144.0 1.0 cup 22.3 11570 Turnip greens, canned, solids and liquids 117.0 11891 Turnip greens, cooked, boiled, drained, with salt 144.0 1.0 cup, chopped 39.5	11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	29.7
Turnip greens, canned, no salt added 144.0 1.0 cup 22.3 Turnip greens, canned, solids and liquids 117.0 0.5 cup 18.1 Turnip greens, cooked, boiled, drained, with salt 144.0 1.0 cup, chopped 39.5	11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	29.7
Turnip greens, canned, solids and liquids 117.0 Turnip greens, cooked, boiled, drained, with salt 11891 Turnip greens, cooked, boiled, drained, with salt 129.0 139.5	11576		95.0	0.33 package (10 oz)	24.5
Turnip greens, cooked, boiled, drained, with salt 144.0 1.0 cup, chopped 39.5	43387	Turnip greens, canned, no salt added	144.0	1.0 cup	22.3
	11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	18.1
Turnip greens, cooked, boiled, drained, without salt 144.0 1.0 cup, chopped 39.5	11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	39.5
	11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	39.5

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	17.9
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	35.8
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	22.0
11568	Turnip greens, raw	55.0	1.0 cup, chopped	33.0
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	18.1
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	18.1
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	6.1
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	6.1
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	4.1
11564	Turnips, raw	130.0	1.0 cup, cubes	27.3
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	127.0	1.0 serving 4.5 oz	0.0
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	0.0
32028	Turnover, filled with egg, meat and cheese, frozen	127.0	1.0 piece turnover 1 serving	0.0
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	0.0
93600	Turtle, green, raw	85.0	3.0 oz	0.0
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	0.0
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	0.0
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	0.0
23501	USDA Commodity, beef patties with VPP, frozen, cooked	68.0	1.0 patty	0.0
23506	USDA Commodity, beef patties with VPP, frozen, raw	85.0	1.0 serving	0.0
13166	USDA Commodity, beef, canned	45.0	1.0 serving	0.0
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	28.35	1.0 oz	0.0
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	85.0	1.0 serving	0.0
23503	USDA Commodity, beef, patties (100%), frozen, cooked	64.0	1.0 patty	0.0
23507	USDA Commodity, beef, patties (100%), frozen, raw	85.0	3.0 oz	0.0
01182	USDA Commodity, cheese, cheddar, reduced fat	113.0	1.0 cup shredded	0.0
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0.0
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	0.0
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	0.0
07044	USDA Commodity, luncheon meat, canned	45.0	1.0 serving	0.0
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	0.0
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	28.0	1.0 link	0.0
10158	USDA Commodity, pork, canned	85.0	3.0 oz	0.0
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	28.35	1.0 oz boneless	6.6
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	28.35	1.0 oz boneless	6.4

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	28.35	1.0 oz grilled patties	0.7
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	113.0	1.0 oz crumbles	0.7
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	28.35	1.0 oz	0.0
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	28.35	1.0 oz	0.0
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	28.35	1.0 oz	0.0
05600	USDA Commodity, turkey ham, dark meat, smoked, frozen	28.35	1.0 oz	0.0
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	0.0
02050	Vanilla extract	4.2	1.0 tsp	0.0
02051	Vanilla extract, imitation, alcohol	4.2	1.0 tsp	0.0
02052	Vanilla extract, imitation, no alcohol	4.2	1.0 tsp	0.0
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	85.0	3.0 oz	0.0
17000	Veal, Australian, rib, rib roast, separable lean only, raw	85.0	3.0 oz	0.0
17154	Veal, Australian, separable fat, raw	28.0	1.0 oz	0.0
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	85.0	3.0 oz	0.0
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	85.0	3.0 oz	0.0
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	85.0	3.0 oz	0.0
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	0.0
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.0
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.0
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.0
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.0
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.0
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.0
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	0.0
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	0.0
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	0.0
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	0.0
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	0.0
17142	Veal, ground, raw	85.0	3.0 oz	0.0
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	0.0
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	0.0
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	0.0
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	0.0
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	0.0
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	0.0
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	0.0
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	0.0
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	0.0
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.0
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.0
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	0.0
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	0.0
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	0.0
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	0.0
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	0.0
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	0.0
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	0.0
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	0.0
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	0.0
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	0.0
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	0.0
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	0.0
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	0.0
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	0.0
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.0
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	0.0
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.0
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	0.0
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	0.0
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	0.0
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0.0
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	0.0
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	0.0
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	0.0
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.0
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.0
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	0.0
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	0.0
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.0
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	0.0
17189	Veal, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	11.0
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	12.8
17188	Veal, variety meats and by-products, brain, raw	28.35	1.0 oz	4.0
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	8.5
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	2.3
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	6.8
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	1.4
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	0.9
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	0.5
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	0.2
17208	Veal, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	28.9
17207	Veal, variety meats and by-products, lungs, raw	28.35	1.0 oz	11.1
17213	Veal, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	5.1
17212	Veal, variety meats and by-products, pancreas, raw	28.35	1.0 oz	4.5
17217	Veal, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	34.0
17216	Veal, variety meats and by-products, spleen, raw	28.35	1.0 oz	11.6
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	33.5
17218	Veal, variety meats and by-products, thymus, raw	28.35	1.0 oz	13.9
17223	Veal, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	5.1
17222	Veal, variety meats and by-products, tongue, raw	28.35	1.0 oz	1.4
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	137.4

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	137.9
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	27.2
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	0.0
42151	Vegetable oil-butter spread, reduced calorie	13.0	1.0 tbsp	0.0
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	10.5
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	6.9
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	8.2
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	9.3
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	2.9
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	2.9
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	9.9
43134	Vegetarian fillets	85.0	1.0 fillet	0.0
43137	Vegetarian meatloaf or patties	56.0	1.0 slice	0.0
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	3.2
43114	Vermicelli, made from soy	140.0	1.0 cup	0.0
02069	Vinegar, balsamic	16.0	1.0 tbsp	0.0
02048	Vinegar, cider	14.9	1.0 tbsp	0.0
02053	Vinegar, distilled	14.9	1.0 tbsp	0.0
02068	Vinegar, red wine	14.9	1.0 tbsp	0.1
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	35.0	1.0 waffle	0.0
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	0.0
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	0.0
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	0.0
28346	Waffles, gluten-free, frozen, ready-to-heat	45.0	1.0 waffle	0.0
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	0.0
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	0.0
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	0.1
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	70.0	1.0 serving 2 waffles	0.0
27064	Wasabi	20.0	1.0 tablespoon	0.0
11990	Wasabi, root, raw	130.0	1.0 cup, sliced	54.5
14555	Water, bottled, generic	29.6	1.0 fl oz	0.0
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	29.6	1.0 fl oz	0.0
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	200.0	1.0 pouch	25.4
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	2.5
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	0.9

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
11591	Watercress, raw	34.0	1.0 cup, chopped	14.6
09326	Watermelon, raw	154.0	1.0 cup, balls	12.5
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	18.4
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	18.4
11593	Waxgourd, (chinese preserving melon), raw	132.0	1.0 cup, cubes	17.2
21246	WENDY'S, Chicken Nuggets	68.0	5.0 pieces	0.9
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	2.2
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	1.1
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	1.2
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	2.4
21247	WENDY'S, french fries	71.0	1.0 kid's meal Serving	2.7
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	0.0
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	0.7
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	0.8
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	0.6
21245	WENDY'S, Ultimate Chicken Grill Sandwich	225.0	1.0 item	2.5
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	0.0
20077	Wheat bran, crude	58.0	1.0 cup	0.0
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	0.0
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	0.0
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	0.0
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	0.0
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	0.0
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	0.0
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	0.0
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	0.0
20080	Wheat flour, whole-grain	120.0	1.0 cup	0.0
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	0.0
20078	Wheat germ, crude	115.0	1.0 cup	0.0
20076	Wheat, durum	192.0	1.0 cup	0.0
20071	Wheat, hard red spring	192.0	1.0 cup	0.0
20072	Wheat, hard red winter	192.0	1.0 cup	0.0
20074	Wheat, hard white	192.0	1.0 cup	0.0
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	0.0
20073	Wheat, soft red winter	168.0	1.0 cup	0.0

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
20075	Wheat, soft white	168.0	1.0 cup	0.0
20087	Wheat, sprouted	108.0	1.0 cup	2.8
01113	Whey, acid, dried	57.0	1.0 cup	0.5
01112	Whey, acid, fluid	246.0	1.0 cup	0.2
01115	Whey, sweet, dried	145.0	1.0 cup	2.2
01114	Whey, sweet, fluid	246.0	1.0 cup	0.2
43268	Whipped cream substitute, dietetic, made from powdered mix	80.0	1.0 cup	0.0
42135	Whipped topping, frozen, low fat	75.0	1.0 cup	0.0
14530	Whiskey sour mix, bottled, with added potassium and sodium	32.3	1.0 fl oz	0.9
20089	Wild rice, cooked	164.0	1.0 cup	0.0
20088	Wild rice, raw	160.0	1.0 cup	0.0
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	62.0	1.0 cup	6.1
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	62.0	1.0 cup	6.1
11595	Winged beans, immature seeds, raw	44.0	1.0 cup slices	8.1
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.0
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0.0
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	0.0
18368	Wonton wrappers (includes egg roll wrappers)	28.35	1.0 oz	0.0
16525	WORTHINGTON Chic-Ketts, frozen, unprepared	55.0	2.0 slices (3/8" thick)	0.0
16510	WORTHINGTON Chili, canned, unprepared	230.0	1.0 cup	0.0
16511	WORTHINGTON Choplets, canned, unprepared	92.0	2.0 slices	0.0
16512	WORTHINGTON Diced Chik, canned, unprepared	55.0	0.25 cup	0.0
16528	WORTHINGTON Dinner Roast, frozen, unprepared	85.0	1.0 slice , 3/4"	0.0
16513	WORTHINGTON FriChik Original, canned, unprepared	90.0	2.0 pieces	0.0
16529	WORTHINGTON FriPats, frozen, unprepared	64.0	1.0 patty	0.0
16591	WORTHINGTON Leanies, frozen, unprepared	40.0	1.0 link	0.0
16514	WORTHINGTON Low Fat Fri Chik, canned, unprepared	85.0	2.0 pieces	0.0
16515	WORTHINGTON Low Fat Veja-Links, canned, unprepared	31.0	1.0 link	0.0
16526	WORTHINGTON Meatless Chicken Roll, frozen, unprepared	55.0	1.0 slices , 3/8"	0.0
16527	WORTHINGTON Meatless Corned Beef Roll, frozen, unprepared	55.0	2.0 slices , 3/8"	0.0
16516	WORTHINGTON Multigrain Cutlets, canned, unprepared	92.0	2.0 slices	0.0
16517	WORTHINGTON Prime Stakes, canned, unprepared	92.0	1.0 piece	0.0
16531	WORTHINGTON Prosage Links, frozen, unprepared	45.0	2.0 links	0.0
16532	WORTHINGTON Prosage Roll, frozen, unprepared	55.0	1.0 slice , 5/8"	0.0
16518	WORTHINGTON Saucettes, canned, unprepared	38.0	1.0 link	0.0

1633 WORTHINGTON Stackles, frozen, unprepared 71.0 1.0 piece 0.0 16334 WORTHINGTON Stackles, frozen, unprepared 71.0 1.0 piece 0.0 16335 WORTHINGTON Stackles, frozen, unprepared 48.0 1.1 link 0.0 16319 WORTHINGTON Stage I risk, canned, unprepared 48.0 1.1 link 0.0 16322 WORTHINGTON Stage I risk, canned, unprepared 48.0 0.5 cap 0.0 16323 WORTHINGTON Vegetable Statiops, canned, unprepared 58.0 0.5 cap 0.0 16324 WORTHINGTON Vegetable Statiops, canned, unprepared 58.0 0.25 cap 0.0 16325 WORTHINGTON Vegetable Statiops, canned, unprepared 58.0 0.25 cap 0.0 16324 WORTHINGTON Vegetable Statiops, canned, unprepared 58.0 0.1 link 0.0 16325 WORTHINGTON Vegetable Statiops, canned, unprepared 58.0 0.1 link 0.0 16326 WORTHINGTON Vegetable Statiops, canned, unprepared 58.0 0.1 link 0.0 16326 WORTHINGTON Vegetable Statiops, canned, unprepared 58.0 0.1 link 0.0 16326 WORTHINGTON Vegetable Statiops, canned, unprepared 58.0 1.0 cap; cap 0.0 16326 WORTHINGTON Vegetable Statiops, canned, unprepared 58.0 1.0 cap; cap 0.0 16326 WORTHINGTON Vegetable Statiops, canned 0.0 cap 0.0 16327 Yanc Cooked, blief, drined, or black divisit of 1 1.0 cap 0.0 16329 Yanc cooked, blief, drined, or black divisit of 1 1.0 cap 0.0 16330 Yanc cooked, blief, drined, or black divisit of 1 1.0 cap 0.0 16331 Yandham (joinn), raw 1.0 cap 0.0 16340 Yandham (joinn), raw 1.0 cap 0.0 16351 Yanc cooked, blief, drined, without sub 1.0 cap 0.0 16352 Yanc cooked, blief, drined, without sub 1.0 cap 0.0 16353 Yandham (joinn), raw 1.0 cap 0.0 16354 Yandham (joinn), raw 1.0 cap 0.0 16355 Yanc cooked, blief, without sub 1.0 cap 0.0 16356 Yanc cooked, blief, without sub 1.0 cap 0.0 16357 Yanc cooked, blief, without sub 1.0 cap 0.0 16358 Yanc cooked, blief, without sub 0.0 cap 0.0 16359 Yanc cooked, blief, without sub 0.	NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
16535 WORTHINGTON Surples, frozen, unprepared 1619 2.0 strip 0.0 16519 WORTHINGTON Super Links, camed, unprepared 48.0 1.0 insk 0.0 16521 WORTHINGTON Sugerlahe Skallons, camed, unprepared 82.0 2.0 sizes 0.0 16522 WORTHINGTON Vegerlahe Skallons, camed, unprepared 52.0 0.25 cup 0.0 16524 WORTHINGTON Vegerlahe Scaned, unprepared 51.0 1.0 insk 0.0 16525 WORTHINGTON Vegerlahe, camed, unprepared 51.0 1.0 sizes, 38* 0.0 16526 WORTHINGTON Vegerlahe, camed, unprepared 55.0 1.0 sizes, 38* 0.0 16526 WORTHINGTON Villant, collabor, co	16533	WORTHINGTON Smoked Turkey Roll, frozen, unprepared	55.0	1.0 slice , 3/8"	0.0
16519 WORTHINGTON Super Links, canned, unprepared 880 0.10 link 0.00 16521 WORTHINGTON Vegetable Sealings, canned, unprepared 720 2.0 slices 0.00 16523 WORTHINGTON Vegetable Sealings, canned, unprepared 720 2.0 slices 0.00 16524 WORTHINGTON Vegetarian Burger, canned, unprepared 550 0.25 cm 0.00 16524 WORTHINGTON Vegetarian Burger, canned, unprepared 550 1.0 link 0.00 16526 WORTHINGTON Vegetarian Burger, canned, unprepared 550 1.0 link 0.00 16526 WORTHINGTON Vegetarian Burger, canned, unprepared 550 1.0 link 0.00 16527 WORTHINGTON Vegetarian Burger, canned, unprepared 550 1.0 link 0.00 10870 Vachtwurst, with pistachio muts, cockad 560 1.0 serving 2 or 10870 Varian, cocked, boiled, drained, or baked, without sait 1360 1.0 cup, cubes 16.5 11002 Varia, cocked, boiled, drained, or baked, without sait 1360 1.0 cup, cubes 16.5 11003 Vambean (jieama), raw 1200 1.0 cup slices 24.2 11004 Varidong bean, conked, boiled, drained, without sait 1010 1.0 cup slices 16.8 11200 Varidong bean, conked, boiled, drained, without sait 1010 1.0 cup slices 16.8 11201 Varidong bean, mature seeds, cooked, boiled, without sait 1710 1.0 cup 0.7 16124 Varidong beans, mature seeds, cooked, boiled, without sait 1710 1.0 cup 0.7 16124 Varidong beans, mature seeds, cooked, boiled, without sait 1710 1.0 cup 0.7 16125 Varidong beans, mature seeds, cooked, boiled, without sait 1710 1.0 cup 0.7 16126 Vast extract spread 6.0 1.0 cup, slices 7.0 16127 Vagotr, forea, Passer south of the cook 1.0 cup 1.0 c	16534	WORTHINGTON Stakelets, frozen, unprepared	71.0	1.0 piece	0.0
I6521 WORTHINGTON Vegetable Skallops, canned, uprepared 85.0 0.5 cap 0.5 16522 WORTHINGTON Vegetable Skallops, canned, uprepared 55.0 0.2 sliess 0.0 16523 WORTHINGTON Veja-Links, canned, uprepared 55.0 0.25 cap 0.0 16524 WORTHINGTON Waja-Links, canned, uprepared 55.0 1.0 sliec, 38° 0.0 16525 WORTHINGTON Whan (roll), forcar, uprepared 55.0 1.0 sliec, 38° 0.0 16536 WORTHINGTON Whan (roll), forcar, uprepared 56.0 1.0 sliec, 38° 0.0 17930 Vachtwurs, with pistachio mus, croked. 16.0 1.0 sliec, 38° 0.0 1897 Yam, cooked, boiled, drained, or baked, with salt 136.0 1.0 cup, cubes 16.5 11601 Yam, cooked, boiled, drained, without salt 180.0 1.0 cup, sliese 16.5 11603 Yanken (jieuns), aw 120.0 1.0 cup sliese 16.5 11809 Yarllong bean, cooked, boiled, without salt 170.0 1.0 cup sliese 16.8 11909 Yarllong bean, muture seeds, cooked, boiled, with salt <	16535	WORTHINGTON Stripples, frozen, unprepared	16.0	2.0 strip	0.0
16522 WORTHINGTON Vegetarles Steaks, canned, unpropored 7.2.0 2.0 slices 0.0 16523 WORTHINGTON Vegetarles Burger, canned, unpropared \$5.0 0.25 cmp 0.0 16524 WORTHINGTON Weburles, canned, unprepared \$5.0 1.0 slice 3.8° 0.0 16356 WORTHINGTON Wham (roll), frozen, unprepared \$5.0 1.0 string 2 or 0.0 07930 Yan, cooked, boiled, drained, or backd, with salt 186.0 1.0 cup, cubes 16.5 11602 Yam, cooked, boiled, drained, or backd, without salt 136.0 1.0 cup, cubes 25.6 11603 Yambean (jicama), row 150.0 1.0 cup slices 25.6 11809 Yardlong bean, cooked, boiled, drained, with salt 104.0 1.0 cup slices 16.8 11909 Yardlong bean, cooked, boiled, with salt 104.0 1.0 cup slices 16.8 11909 Yardlong bean, soutes escle, cooked, boiled, with salt 171.0 1.0 cup slices 16.8 11909 Yardlong beans, mature seeds, cooked, boiled, with salt 177.0 1.0 cup slices 16.8 1633 Yardlong	16519	WORTHINGTON Super Links, canned, unprepared	48.0	1.0 link	0.0
16523 WORTHINGTON Vegetarian Barger, camed, unprepared 55.0 0.25 cup 0.0 16524 WORTHINGTON Vejs-Links, camed, unprepared 31.0 1.0 link 0.0 16536 WORTHINGTON What froill, frozen, unprepared 55.0 1.0 sice 3.8° 0.0 07930 Yachrowars, with pistachio mus, cooked 56.0 1.0 serving 2c 0.0 11887 Yam, cooked, boiled, drained, or baked, with sult 136.0 1.0 cup, cubes 16.5 11002 Yam, cooked, boiled, drained, or baked, without salt 136.0 1.0 cup, cubes 25.6 11601 Yam, raw 150.0 1.0 cup slices 25.6 11890 Yartflong bean, cooked, boiled, drained, with salt 104.0 1.0 cup slices 16.8 11800 Yartflong bean, cooked, boiled, drained, without salt 104.0 1.0 cup slices 16.8 11801 Yartflong bean, mature seeds, cooked, boiled, without salt 171.0 1.0 cup slices 16.8 11919 Yartflong beans, mature seeds, cooked, boiled, without salt 171.0 1.0 cup 2.7 16134 Yartflong beans, mature	16521	WORTHINGTON Vegetable Skallops, canned, unprepared	85.0	0.5 cup	0.0
16524 WORTHINGTON Veja-Links, camed, unprepared 31.0 1.0 slice, 38° 0.0 16526 WORTHINGTON Wham (roll), frozen, unprepared 55.0 1.0 slice, 38° 0.0 07990 Yarhurust, with pictabilo mus, cooked 56.0 1.0 serving 2 or 0.0 11897 Yam, cooked, bolied, drained, or baked, without salt 136.0 1.0 cup, cubes 16.5 11602 Yam, cooked, bolied, drained, or baked, without salt 150.0 1.0 cup, cubes 16.5 11601 Yam, cooked, bolied, drained, with salt 150.0 1.0 cup slices 24.2 11809 Yardlong bean, cooked, bolied, drained, without salt 104.0 1.0 cup slices 24.2 11809 Yardlong bean, cooked, bolied, drained, without salt 104.0 1.0 cup slices 16.8 11200 Yardlong bean, cooked, bolied, drained, without salt 171.0 1.0 cup slices 16.8 11201 Yardlong bean, cooked, bolied, drained, without salt 171.0 1.0 cup slices 16.8 11202 Yardlong bean, mature seeds, cooked, bolied, without salt 171.0 1.0 cup 0.7 1634 Yardlong bean, mature seeds	16522	WORTHINGTON Vegetable Steaks, canned, unprepared	72.0	2.0 slices	0.0
1655 WORTHINGTON Wham (roll), frozen, unprepared 55.0 1.0 slice, 3.8° 0.0 07930 Yachtwurt, with pistachion unts, cooked 56.0 1.0 serving 2 oz 0.0 11897 Yam, cooked, boiled, drained, or baked, without salt 136.0 1.0 cup, cubes 16.5 11601 Yam, cooked, boiled, drained, or baked, without salt 150.0 1.0 cup, cubes 16.5 11603 Yam, cooked, boiled, drained, without salt 120.0 1.0 cup, cubes 24.2 11603 Yam, cooked, boiled, drained, without salt 100.0 1.0 cup slices 24.2 11899 Yardlong bean, cooked, boiled, drained, without salt 100.0 1.0 cup slices 16.8 11990 Yardlong bean, cooked, boiled, without salt 170.0 1.0 cup slices 17.1 1634 Yardlong beans, mature seeds, cooked, boiled, without salt 171.0 1.0 cup slices 17.1 1634 Yardlong beans, mature seeds, cooked, boiled, without salt 171.0 1.0 cup 2.7 1633 Yardlong beans, mature seeds, cooked, boiled, without salt 171.0 1.0 cup 2.7 <t< td=""><td>16523</td><td>WORTHINGTON Vegetarian Burger, canned, unprepared</td><td>55.0</td><td>0.25 cup</td><td>0.0</td></t<>	16523	WORTHINGTON Vegetarian Burger, canned, unprepared	55.0	0.25 cup	0.0
07930 Yachtwurst, with pistachio mus, cooked 560 1.0 serving 2 or 0.0 11887 Yan, cooked, boiled, drained, or baked, without salt 1360 1.0 cup, cubes 16.5 11602 Yan, cooked, boiled, drained, or baked, without salt 1360 1.0 cup, cubes 25.6 11603 Yambean (jicama), raw 1500 1.0 cup slices 24.2 11899 Yardlong bean, cooked, boiled, drained, with salt 1040 1.0 cup slices 16.8 11200 Yardlong bean, cooked, boiled, drained, without salt 1040 1.0 cup slices 16.8 11200 Yardlong beans, mature seeds, cooked, boiled, without salt 1040 1.0 cup slices 16.8 11244 Yardlong beans, mature seeds, cooked, boiled, without salt 1710 1.0 cup slices 17.1 16134 Yardlong beans, mature seeds, cooked, boiled, without salt 1710 1.0 cup slices 17.1 16143 Yardlong beans, mature seeds, cooked, boiled, without salt 1710 1.0 cup 0.7 16133 Yardlong beans, mature seeds, raw 1670 1.0 cup 7.0 43406	16524	WORTHINGTON Veja-Links, canned, unprepared	31.0	1.0 link	0.0
11897 Yam, cooked, boiled, drained, or baked, with salt 136.0 1.0 cup, cubes 16.5 11602 Yam, cooked, boiled, drained, or baked, without salt 136.0 1.0 cup, cubes 16.5 11603 Yambean (jicama), raw 150.0 1.0 cup slices 24.2 11899 Yardlong bean, cooked, boiled, drained, with salt 104.0 1.0 cup slices 16.8 11200 Yardlong bean, cooked, boiled, drained, with salt 104.0 1.0 cup slices 16.8 11299 Yardlong bean, cooked, boiled, drained, with salt 171.0 1.0 cup slices 16.8 11290 Yardlong beans, mature seeds, cooked, boiled, without salt 171.0 1.0 cup slices 16.8 16134 Yardlong beans, mature seeds, cooked, boiled, without salt 171.0 1.0 cup 0.7 16134 Yardlong beans, mature seeds, cooked, boiled, without salt 171.0 1.0 cup 0.7 16133 Yardlong beans, mature seeds, cooked, boiled, without salt 171.0 1.0 cup 0.7 16134 Yardlong beans, mature seeds, cooked, boiled, without salt 171.0 1.0 cup 0.7	16536	WORTHINGTON Wham (roll), frozen, unprepared	55.0	1.0 slice , 3/8"	0.0
11602 Yam, cooked, boiled, drained, or baked, without salt 1360 1.0 cup, cubes 25.6 11601 Yam, raw 1500 1.0 cup, cubes 25.6 11603 Yambean (jicama), raw 1200 1.0 cup, slices 24.2 11899 Yardlong bean, cooked, boiled, drained, with salt 100 1.0 cup slices 16.8 11190 Yardlong bean, cooked, boiled, drained, without salt 100 1.0 cup slices 16.8 11199 Yardlong beans, mature seeds, cooked, boiled, with salt 171.0 1.0 cup slices 17.1 16434 Yardlong beans, mature seeds, cooked, boiled, without salt 171.0 1.0 cup 0.7 16133 Yardlong beans, mature seeds, cooked, boiled, without salt 171.0 1.0 cup 0.7 16134 Yardlong beans, mature seeds, cooked, boiled, without salt 171.0 1.0 cup 0.7 16133 Yardlong beans, mature seeds, cooked, boiled, without salt 171.0 1.0 cup 0.7 16134 Yardlong beans, mature seeds, cooked, boiled, without salt 171.0 1.0 cup 0.2 16234 Yardlong bea	07930	Yachtwurst, with pistachio nuts, cooked	56.0	1.0 serving 2 oz	0.0
11601 Yam, raw 1500 1.0 cup, cubes 25.6 11603 Yamban (jicama), raw 1200 1.0 cup slices 24.2 11899 Yardlong bean, cooked, boiled, drained, with salt 1040 1.0 cup slices 16.8 11200 Yardlong bean, cooked, boiled, drained, withou salt 1040 1.0 cup slices 16.8 11290 Yardlong bean, raw 910 1.0 cup slices 16.7 16434 Yardlong beans, mature seeds, cooked, boiled, without salt 171.0 1.0 cup slices 0.7 16134 Yardlong beans, mature seeds, cooked, boiled, without salt 171.0 1.0 cup slices 0.7 16134 Yardlong beans, mature seeds, cooked, boiled, without salt 171.0 1.0 cup 0.7 16134 Yardlong beans, mature seeds, cooked, boiled, without salt 171.0 1.0 cup 0.7 16134 Yardlong beans, mature seeds, cooked, boiled, without salt 171.0 1.0 cup 0.7 16134 Yardlong beans, mature seeds, cooked, boiled, without salt 171.0 1.0 cup 0.7 16134 Yardlong beans, mature seeds, cooked, b	11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	16.5
11603 Yambean (jicama), raw 120.0 1.0 cup slices 24.2 11899 Yardlong bean, cooked, boiled, drained, with salt 104.0 1.0 cup slices 16.8 11200 Yardlong bean, cooked, boiled, drained, without salt 104.0 1.0 cup slices 16.8 11299 Yardlong bean, cooked, boiled, drained, without salt 171.0 1.0 cup slices 17.1 16434 Yardlong beans, mature seeds, cooked, boiled, without salt 171.0 1.0 cup 0.7 16134 Yardlong beans, mature seeds, cooked, boiled, without salt 171.0 1.0 cup 0.7 16134 Yardlong beans, mature seeds, cooked, boiled, without salt 171.0 1.0 cup 0.7 16134 Yardlong beans, mature seeds, cooked, boiled, without salt 171.0 1.0 cup 0.7 16134 Yardlong beans, mature seeds, cooked, boiled, with salt 171.0 1.0 cup 0.7 16134 Yardlong beans, mature seeds, cooked, boiled, with salt 171.0 1.0 cup 2.7 11991 Yautia (tamier), read 16.0 1.0 cup 2.7 11992 Yautia (tamie	11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	16.5
11899 Yardlong bean, cooked, boiled, drained, with salt 1040 1.0 cup slices 16.8 11200 Yardlong bean, cooked, boiled, drained, without salt 1040 1.0 cup slices 16.8 11199 Yardlong bean, raw 91.0 1.0 cup slices 17.1 16434 Yardlong beans, mature seeds, cooked, boiled, with salt 171.0 1.0 cup 0.7 16134 Yardlong beans, mature seeds, cooked, boiled, without salt 171.0 1.0 cup 0.7 16133 Yardlong beans, mature seeds, row 167.0 1.0 cup 0.7 16193 Yardlong beans, mature seeds, cooked, boiled, with salt 171.0 1.0 cup 0.7 16133 Yardlong beans, mature seeds, cooked, boiled, with salt 171.0 1.0 cup 0.7 16133 Yardlong beans, mature seeds, cooked, boiled, with salt 171.0 1.0 cup 0.7 16134 Yardlong beans, mature seeds, cooked, boiled, with salt 167.0 1.0 cup 0.2 17991 Yardlong beans, mature seeds, cooked, boiled, with witari 1 1.0 cup 0.0 0.0 1804 1.	11601	Yam, raw	150.0	1.0 cup, cubes	25.6
11200 Yardlong bean, cooked, boiled, drained, without salt 104.0 1.0 cup slices 16.8 11199 Yardlong beans, raw 91.0 1.0 cup slices 17.1 16434 Yardlong beans, mature seeds, cooked, boiled, with salt 171.0 1.0 cup 0.7 16134 Yardlong beans, mature seeds, cooked, boiled, without salt 171.0 1.0 cup 0.7 16133 Yardlong beans, mature seeds, cooked, boiled, without salt 171.0 1.0 cup 0.7 16134 Yardlong beans, mature seeds, cooked, boiled, without salt 171.0 1.0 cup 0.7 16133 Yardlong beans, mature seeds, cooked, boiled, without salt 171.0 1.0 cup 0.7 16133 Yardlong beans, mature seeds, cooked, boiled, without salt 171.0 1.0 cup 0.2 16133 Yardlong beans, mature seeds, cooked, boiled, without salt 170.0 1.0 cup 2.7 11909 Yautid (tannier), raw 135.0 1.0 cup 1.0 cup 2.0 4306 Yeat sextract spread 6.0 1.0 serving (2 oz) 0.0 1214 Yegut, frozen, sait	11603	Yambean (jicama), raw	120.0	1.0 cup slices	24.2
11199 Yardlong bean, raw 91.0 1.0 cup slices 17.1 16434 Yardlong beans, mature seeds, cooked, boiled, with salt 171.0 1.0 cup 0.7 16134 Yardlong beans, mature seeds, cooked, boiled, without salt 171.0 1.0 cup 0.7 16133 Yardlong beans, mature seeds, raw 167.0 1.0 cup 2.7 11991 Yautia (tannier), raw 135.0 1.0 cup, sliced 7.0 43406 Yeast extract spread 6.0 1.0 tup, sliced 7.0 43406 Yeast extract spread 57.0 1.0 serving (2 oz) 0.0 2011 Yellow rice with seasoning, dry packet mix, unprepared 57.0 1.0 serving (2 oz) 0.0 21463 Yogurt, chocolate, moffat milk 170.0 1.0 container (6 oz) 0.0 1187 Yogurt, chocolate, nonfat milk 170.0 1.0 container (6 oz) 0.0 10122 Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener 68.0 0.5 cup 0.5 43261 Yogurt, fruit variety, nonfat 170.0 1.0 container (6 oz)	11899	Yardlong bean, cooked, boiled, drained, with salt	104.0	1.0 cup slices	16.8
16434 Yardlong beans, mature seeds, cooked, boiled, with salt 171.0 1.0 cup 0.7 16134 Yardlong beans, mature seeds, cooked, boiled, without salt 171.0 1.0 cup 0.7 16133 Yardlong beans, mature seeds, raw 167.0 1.0 cup, sliced 7.0 11991 Yautia (tannier), raw 135.0 1.0 cup, sliced 7.0 43406 Yeast extract spread 6.0 1.0 serving (2 oz) 0.0 32011 Yellow rice with seasoning, dry packet mix, unprepared 57.0 1.0 serving (2 oz) 0.0 21463 Yogurt, parfait, lowfat, with fruit and granola 149.0 1.0 centainer (6 oz) 0.0 01187 Yogurt, chocolate, nonfat milk, fortified with vitamin D 170.0 1.0 container (6 oz) 0.0 01222 Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener 68.0 0.5 cup 0.5 01235 Yogurt, fruit variety, nonfat 170.0 1.0 container (6 oz) 1.2 01218 Yogurt, fruit variety, nonfat, fortified with vitamin D 170.0 1.0 container (6 oz) 1.2 01217	11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	16.8
16134 Yardlong beans, mature seeds, cooked, boiled, without salt 171.0 1.0 cup 0.7 16133 Yardlong beans, mature seeds, raw 167.0 1.0 cup 2.7 11991 Yautia (tannier), raw 135.0 1.0 cup, sliced 7.0 43406 Yeast extract spread 6.0 1.0 tsp 0.0 32011 Yellow rice with seasoning, dry packet mix, unprepared 57.0 1.0 serving (2 oz) 0.0 21463 Yogurt, parfait, lowfat, with fruit and granola 149.0 1.0 serving (2 oz) 0.0 01187 Yogurt, chocolate, nonfat milk 170.0 1.0 container (6 oz) 0.0 01222 Yogurt, chocolate, nonfat milk, fortified with vitamin D 170.0 1.0 container (6 oz) 0.0 01235 Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener 68.0 0.5 cup 0.5 01218 Yogurt, fruit variety, nonfat 170.0 1.0 container (6 oz) 1.2 01218 Yogurt, fruit variety, nonfat, fortified with vitamin D 170.0 1.0 container (6 oz) 1.2 01121 Yogurt, fruit, low fat	11199	Yardlong bean, raw	91.0	1.0 cup slices	17.1
16133 Yardlong beans, mature seeds, raw 167.0 1.0 cup 2.7 11991 Yautia (tannier), raw 135.0 1.0 cup, sliced 7.0 43406 Yeast extract spread 6.0 1.0 tsp 0.0 32011 Yellow rice with seasoning, dry packet mix, unprepared 57.0 1.0 serving (2 oz) 0.0 21463 Yogurt, parfait, lowfat, with fruit and granola 149.0 1.0 container (6 oz) 0.0 01187 Yogurt, chocolate, nonfat milk 170.0 1.0 container (6 oz) 0.0 01222 Yogurt, chocolate, nonfat milk, fortified with vitamin D 170.0 1.0 container (6 oz) 0.0 01235 Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener 68.0 0.5 cup 0.5 43261 Yogurt, fruit variety, nonfat 170.0 1.0 container (6 oz) 1.2 01218 Yogurt, fruit variety, nonfat, fortified with vitamin D 170.0 1.0 container (6 oz) 1.2 01210 Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D 170.0 1.0 container (6 oz) 1.2 01120 Yogurt, fruit, low fat, 11 grams protein per 8 ounce 170.0 1.	16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.7
11991 Yautia (tannier), raw 135.0 1.0 cup, sliced 7.0 43406 Yeast extract spread 6.0 1.0 tsp 0.0 32011 Yellow rice with seasoning, dry packet mix, unprepared 57.0 1.0 serving (2 oz) 0.0 21463 Yogurt parfait, lowfat, with fruit and granola 149.0 1.0 item 21.3 01187 Yogurt, chocolate, nonfat milk 170.0 1.0 container (6 oz) 0.0 01222 Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener 68.0 0.5 cup 0.5 43261 Yogurt, fruit variety, nonfat 170.0 1.0 container (6 oz) 1.2 01218 Yogurt, fruit variety, nonfat, fortified with vitamin D 170.0 1.0 container (6 oz) 1.2 01218 Yogurt, fruit, low fat, 10 grams protein per 8 ounce 170.0 1.0 container (6 oz) 1.2 01217 Yogurt, fruit, low fat, 10 grams protein per 8 ounce 170.0 1.0 container (6 oz) 1.2 01120 Yogurt, fruit, low fat, 10 grams protein per 8 ounce 170.0 1.0 container (6 oz) 1.2 01120 Yogurt, fruit, low fat, 9 grams protein per 8 ounce 170.0 1.0 container	16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.7
43406 Yeast extract spread 6.0 1.0 tsp 0.0 32011 Yellow rice with seasoning, dry packet mix, unprepared 57.0 1.0 serving (2 oz) 0.0 21463 Yogurt parfait, lowfat, with fruit and granola 149.0 1.0 item 21.3 01187 Yogurt, chocolate, nonfat milk 170.0 1.0 container (6 oz) 0.0 01222 Yogurt, chocolate, nonfat milk, fortified with vitamin D 170.0 1.0 container (6 oz) 0.0 01235 Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener 68.0 0.5 cup 0.5 43261 Yogurt, fruit variety, nonfat 170.0 1.0 container (6 oz) 1.2 01218 Yogurt, fruit variety, nonfat, fortified with vitamin D 170.0 1.0 container (6 oz) 1.2 01211 Yogurt, fruit, low fat, 10 grams protein per 8 ounce 170.0 1.0 container (6 oz) 1.2 01217 Yogurt, fruit, low fat, 11 grams protein per 8 ounce 170.0 1.0 container (6 oz) 1.2 01120 Yogurt, fruit, low fat, 9 grams protein per 8 ounce 170.0 1.0 container (6 oz) 1.2 01120 Yogurt, fruit, low fat, 9 grams protein per 8 ounce	16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	2.7
32011 Yellow rice with seasoning, dry packet mix, unprepared 57.0 1.0 serving (2 oz) 0.0 21463 Yogurt parfait, lowfat, with fruit and granola 149.0 1.0 item 21.3 01187 Yogurt, chocolate, nonfat milk 170.0 1.0 container (6 oz) 0.0 01222 Yogurt, chocolate, nonfat milk, fortified with vitamin D 170.0 1.0 container (6 oz) 0.0 01235 Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener 68.0 0.5 cup 0.5 43261 Yogurt, fruit variety, nonfat 170.0 1.0 container (6 oz) 1.2 01218 Yogurt, fruit variety, nonfat, fortified with vitamin D 170.0 1.0 container (6 oz) 1.2 01121 Yogurt, fruit, low fat, 10 grams protein per 8 ounce 170.0 1.0 container (6 oz) 1.2 01217 Yogurt, fruit, low fat, 11 grams protein per 8 ounce 170.0 1.0 container (6 oz) 1.2 01122 Yogurt, fruit, low fat, 1 grams protein per 8 ounce 170.0 1.0 container (6 oz) 1.2 01120 Yogurt, fruit, low fat, 9 grams protein per 8 ounce 170.0 1.0 container (6 oz) 1.0 01216 Yogurt, fruit, l	11991	Yautia (tannier), raw	135.0	1.0 cup, sliced	7.0
21463 Yogurt parfait, lowfat, with fruit and granola 149.0 1.0 item 21.3 01187 Yogurt, chocolate, nonfat milk 170.0 1.0 container (6 oz) 0.0 01222 Yogurt, chocolate, nonfat milk, fortified with vitamin D 170.0 1.0 container (6 oz) 0.0 01235 Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener 68.0 0.5 cup 0.5 43261 Yogurt, fruit variety, nonfat 170.0 1.0 container (6 oz) 1.2 01218 Yogurt, fruit variety, nonfat, fortified with vitamin D 170.0 1.0 container (6 oz) 1.2 01121 Yogurt, fruit, low fat, 10 grams protein per 8 ounce 170.0 1.0 container (6 oz) 1.2 01127 Yogurt, fruit, low fat, 10 grams protein per 8 ounce 170.0 1.0 container (6 oz) 1.2 01122 Yogurt, fruit, low fat, 11 grams protein per 8 ounce 170.0 1.0 container (6 oz) 1.2 01120 Yogurt, fruit, low fat, 9 grams protein per 8 ounce 170.0 1.0 container (6 oz) 1.0 01216 Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D 170.0 1.0 container (6 oz) 1.0	43406	Yeast extract spread	6.0	1.0 tsp	0.0
01187 Yogurt, chocolate, nonfat milk 170.0 1.0 container (6 oz) 0.0 01222 Yogurt, chocolate, nonfat milk, fortified with vitamin D 170.0 1.0 container (6 oz) 0.0 01235 Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener 68.0 0.5 cup 0.5 43261 Yogurt, fruit variety, nonfat 170.0 1.0 container (6 oz) 1.2 01218 Yogurt, fruit variety, nonfat, fortified with vitamin D 170.0 1.0 container (6 oz) 1.2 01121 Yogurt, fruit, low fat, 10 grams protein per 8 ounce 170.0 1.0 container (6 oz) 1.2 01217 Yogurt, fruit, low fat, 11 grams protein per 8 ounce, fortified with vitamin D 170.0 1.0 container (6 oz) 1.2 01122 Yogurt, fruit, low fat, 11 grams protein per 8 ounce 170.0 1.0 container (6 oz) 1.2 01120 Yogurt, fruit, low fat, 9 grams protein per 8 ounce 170.0 1.0 container (6 oz) 1.0 01216 Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D 170.0 1.0 container (6 oz) 1.0	32011	Yellow rice with seasoning, dry packet mix, unprepared	57.0	1.0 serving (2 oz)	0.0
01222 Yogurt, chocolate, nonfat milk, fortified with vitamin D 170.0 1.0 container (6 oz) 0.0 01235 Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener 68.0 0.5 cup 0.5 43261 Yogurt, fruit variety, nonfat 170.0 1.0 container (6 oz) 1.2 01218 Yogurt, fruit variety, nonfat, fortified with vitamin D 170.0 1.0 container (6 oz) 1.2 01121 Yogurt, fruit, low fat, 10 grams protein per 8 ounce 170.0 1.0 container (6 oz) 1.2 01127 Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D 170.0 1.0 container (6 oz) 1.2 01122 Yogurt, fruit, low fat, 11 grams protein per 8 ounce 170.0 1.0 container (6 oz) 1.2 01120 Yogurt, fruit, low fat, 9 grams protein per 8 ounce 170.0 1.0 container (6 oz) 1.0 01216 Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D 170.0 1.0 container (6 oz) 1.0 01216 Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D 170.0 1.0 container (6 oz) 1.0	21463	Yogurt parfait, lowfat, with fruit and granola	149.0	1.0 item	21.3
Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener 43261 Yogurt, fruit variety, nonfat Yogurt, fruit variety, nonfat Yogurt, fruit variety, nonfat, fortified with vitamin D 170.0 1.0 container (6 oz) 1.2 170.0 170.0 1.0 container (6 oz) 1.0 170.0 1.0 container (6 oz) 1.0 170.0 1.0 container (6 oz) 1.0 1.0 container (6 oz)	01187	Yogurt, chocolate, nonfat milk	170.0	1.0 container (6 oz)	0.0
43261Yogurt, fruit variety, nonfat170.01.0 container (6 oz)1.201218Yogurt, fruit variety, nonfat, fortified with vitamin D170.01.0 container (6 oz)1.201121Yogurt, fruit, low fat, 10 grams protein per 8 ounce170.01.0 container (6 oz)1.201217Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D170.01.0 container (6 oz)1.201122Yogurt, fruit, low fat, 11 grams protein per 8 ounce170.01.0 container (6 oz)1.201120Yogurt, fruit, low fat, 9 grams protein per 8 ounce170.01.0 container (6 oz)1.001216Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D170.01.0 container (6 oz)1.0	01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	170.0	1.0 container (6 oz)	0.0
Yogurt, fruit variety, nonfat, fortified with vitamin D 170.0 1.0 container (6 oz) 1.2 Yogurt, fruit, low fat, 10 grams protein per 8 ounce 170.0 1.0 container (6 oz) 1.2 Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D 170.0 1.0 container (6 oz) 1.2 Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D 170.0 1.0 container (6 oz) 1.2 Yogurt, fruit, low fat, 11 grams protein per 8 ounce 170.0 1.0 container (6 oz) 1.2 Yogurt, fruit, low fat, 9 grams protein per 8 ounce 170.0 1.0 container (6 oz)	01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	68.0	0.5 cup	0.5
Yogurt, fruit, low fat, 10 grams protein per 8 ounce 170.0 1.0 container (6 oz) 1.2 170.0 1.0 container (6 oz) 1.2 170.0 1.0 container (6 oz) 1.2 170.0 1.10 container (6 oz) 1.2 170.0 170.0 1.0 container (6 oz) 1.1 170.0 170.0 1.0 container (6 oz)	43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	1.2
Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D 170.0 1.0 container (6 oz) 1.2 Yogurt, fruit, low fat, 11 grams protein per 8 ounce 170.0 1.0 container (6 oz) 1.2 Yogurt, fruit, low fat, 9 grams protein per 8 ounce 170.0 1.0 container (6 oz)	01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	1.2
Yogurt, fruit, low fat, 11 grams protein per 8 ounce 170.0 1.0 container (6 oz) 1.2 170.0 Yogurt, fruit, low fat, 9 grams protein per 8 ounce 170.0 1.0 container (6 oz) 1.0 170.0 1.0 container (6 oz) 1.0 170.0 1.0 container (6 oz) 1.0 container (6 oz) 1.0 container (6 oz) 1.0 container (6 oz)	01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	1.2
Yogurt, fruit, low fat, 9 grams protein per 8 ounce 170.0 1.0 container (6 oz) 1.0 container (6 oz) 1.0 Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D 170.0 1.0 container (6 oz) 1.0 contai	01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	1.2
Vogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D 170.0 1.0 container (6 oz)	01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	1.2
	01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	1.0
91203 Yogurt, fruit, lowfat, with low calorie sweetener 170.0 1.0 container (6 oz) 1.2	01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	1.0
	01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	1.2

NDB_No	Description	Weight(g)	Measure	Vitamin C, total ascorbic acid(mg) Per Measure
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	1.2
01281	Yogurt, Greek, nonfat, strawberry, CHOBANI	150.0	5.3 oz	0.4
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	150.0	5.3 oz	0.3
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	1.6
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	0.0
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	1.0
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	0.4
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	0.0
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	1.4
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	1.5
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.8
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	1.4
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	170.0	1.0 container (6 oz)	1.9
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	1.9
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	1.4
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	1.4
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	0.0
16004	Yokan, prepared from adzuki beans and sugar	14.0	1.0 slice	0.0
03217	Zwieback	28.35	1.0 oz	1.5